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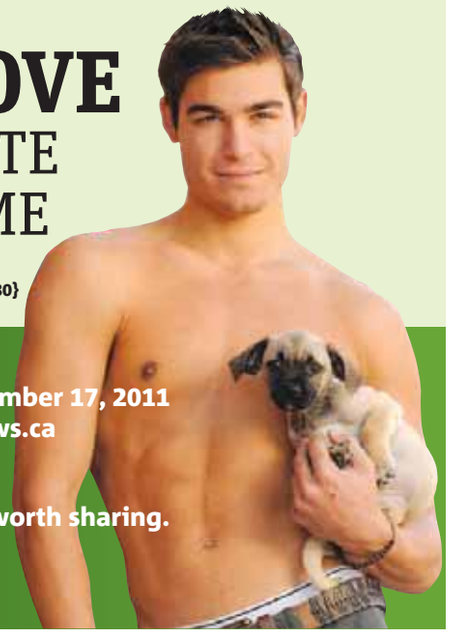
BOYS AND CUTE ANIMALS COME TOGETHER {page 30}



OTTAWA metro®

Thursday, November 17, 2011
www.metronews.ca

News worth sharing.

Cops search for remains

Evidence first discovered on Halloween prompts police to begin new dig

JOE LOFARO
@METRONEWS.CA

The Ottawa police major crime unit started a second forensic dig at a park yesterday morning.

They're looking for human remains.

A news release issued by the force said the new dig was sparked by a construction firm's discovery of human remains at unit 153 of 1535 Heatherington Rd. on Oct. 31.

Police cordoned off most of the park with caution tape and started digging up a small portion of grass marked with orange spray-paint.

Insp. Mike Calaghan said police arrived at 9 a.m. to start their investigation after receiving information about the location.

He wouldn't say where the information came from.

The initial discovery on Halloween prompted lawyers in a preliminary hearing for accused serial killer Camille Cléroux to ask for an adjournment. Cléroux lived at the unit some 20 years ago.

Cléroux is charged with three counts of first-degree murder in the death of three women.

The bodies of his two former wives — Lise Roy and Jean Rock — have not been found.

Cléroux is also charged in the death of Paula Leclair, whose body was found on June 2010.

Roy was 27 when she went missing in 1990, and Rock, 32, was last seen in 2003.

"We're looking for any evidence that may available to us in relation to that investigation. It could include human remains," said Calaghan.

The dig site is a mere 10 feet from the backyards that belong to a row of condos on Reardon Private.

One resident said she just moved in three weeks ago and on Friday saw men marking the park with orange spray paint.

The resident said the men were not in police uniform and had a dog with them.

She said she was shocked to see police searching for human remains so close to her new home.

More coverage {page 6}

JOE LOFARO/METRO

▶ An investigator checks a new site yesterday where police now believe they may find more human remains.

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Transpo GM regretful to stranded passengers

▶ Alain Mercier

OC Transpo is investigating the latest in a series of incidents involving drivers — in this case, a driver allegedly abandoning his bus after a confrontation with a passenger.

A driver of the No. 5 bus left it running, with passengers aboard on the MacKenzie King Bridge after passenger Henry McCambridge repeatedly asked why the bus was often late, McCambridge told the media. The passengers left when they realized the driver wasn't coming back. A supervisor arrived shortly after. The incident occurred on the same day another driver was fired for swearing at, and threatening, an autistic college student.

General Manager of OC Transpo Alain Mercier said the incidents are anomalies that don't reflect regular behaviour. "We're all just, right now, dealing with perceptions caused by these incidents, which are very unfortunate, and we obviously feel very bad about them for customers ...," said Mercier.

Mercier said that drivers are never told to leave their bus without warning and know they are supposed to call the control centre if there is a conflict.

"We never abandon the bus," he said.

JESSICA SMITH/METRO

SEAN MCKIBBON/METRO

▶ The arrival of more double-decker buses and more O-Trains will ease some of the strain on the transit system in the new year, say city staff.

Frustration is a factor in transit mishaps: Union

- $5.5 million to ease, not cure, issue of overcrowding
- City Council to vote on OC Transpo's budget Nov. 30

JESSICA SMITH
@METRONEWS.CA

After a week that saw transit drivers and passengers behaving badly, the commission that runs the system approved a $5.5 million increase to OC Transpo's budget to ease overcrowding.

But no real relief will come until 2017 when the LRT comes online. Commission head Diane Deans said recent incidents aren't related to driver stress or route cuts — but acknowledged frustration about crowding. She said the $5.5 million buys an extra 6,000 hours of bus service, which will begin to be implemented in January.

"These isolated incidents do cause us problems, but I don't believe it is a pattern," said Deans.

Even though most incidents didn't happen on crowded buses, the drivers' union president said frustration is a factor.

"When you come to a bus stop and you've got a bus full of people still waiting and the bus is full, it's very, very frustrating for the people going to and from work, it's even more frustrating for the operators," said union president Garry Queale.

Queale said the driver, who was fired for his rant, was frustrated — in part because he'd been spat on by a rider that week.

OC Transpo staff say the downtown core is at or near capacity — but the arrival of double-decker buses and more O-Trains will ease some of the strain.

Driver antics

- A driver was fired for threatening an unruly passenger in an obscenity-laced rant.
- Another bus driver is alleged to have walked off his bus in frustration, leaving passengers stranded on a downtown bridge.
- Video of a driver talkingon his cell phone at the wheel was posted online.

1 news

Society of Obstetricians and Gynecologists to women in their 20s and 30s: If you want to have kids, your time is limited. Scan for the story.

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On the web at metronews.ca

In tomorrow's Metro: Close encounters of the white-furred kind: Metro Winnipeg's Elisha Dacey explains Churchill, Man.'s polar-bear predicament.

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Students told to take transit-fare hike

- Councillors say the higher U-Pass price is still a good deal for students
- They are recommending that council vote in favour of it

JESSICA SMITH/METRO

▶ Taiva Tegler, external commissioner of the Graduate Student Association of the University of Ottawa, holds up her U-Pass at city hall yesterday.

JESSICA SMITH
@METRONEWS.CA

University students went head-to-head with the Transit Commission yesterday over a $35-per-semester boost to the price of the U-Pass — but couldn't convince the commission to budge on the price.

The students wrapped up their presentation in about half an hour and answered questions for the commission — some harshly worded — for most of the morning.

"Why do you think you have the privilege to argue on what we deem is the price?" asked Gloucester-South Nepean Coun. Steve Desroches.

The students said they have an agreement with OC Transpo for the price to be set at a "revenue-neutral" level for the transit company. They added that their graduate-school statisticians found OC Transpo's accounting — which set the revenue-neutral price at $180 — was wrong.

The commission disagreed and eventually approved the $180-per-semester universal pass — up from $145 this school year but less than the $255 it costs for post-secondary students who don't use the U-Pass.

Students at the University of Ottawa and Carleton University will vote in a referendum on the program: Either all students will pay for the $180 pass or only those who use transit will pay the higher student price next year.

The price of the pass wasn't the students' only complaint: They also said they're unhappy with the route cuts that began in September.

"We believe that $180-per-semester U-Pass jeopardizes the future of the program for our students, the appetite on campus to pay an extra $70 for what students feel is less service. It's not going to pass. We are here to save the program at a price the students are going to buy into," said University of Ottawa Student Federation representative Elizabeth Kessler.

Councillor chafes at tight OC Transpo budget

JESSICA SMITH/METRO

"So either you have to put in an offsetting funding source for the motion or I will be forced to rule it out of order."
TRANSIT COMMISSION CHAIR DIANE DEANS

A motion to increase OC Tranpo's budget by an extra $5.5 million to address transit overcrowding was ruled "out of order" at yesterday's Transit Commission meeting — because councillors voted to cap the budget last month, before budget consultations.

City councillors passed a motion Oct. 26 mandating that any additions to the budget would need an equal offsetting reduction. So when Innes Coun. Rainer Bloess, who voted in favour of the budget limit, proposed another motion to double funding to deal with transit crowding, committee chair Diane Deans was forced to rule it out of order.

Bloess said he had little faith the motion would pass, but he wanted to make a point that money should be allotted to deal with an increase in riders in 2012.

"It's quite obvious the $5.5 million will barely address the issues we have from 2011," Bloess said.

JESSICA SMITH

Free rides sought for seniors

Seniors could ride OC Transpo for free during off-peak hours if a motion from Innes Coun. Rainer Bloess is approved this month.

A motion to that effect was ruled out of order at the Transit Commission meeting yesterday, but Bloess plans to reintroduce it before the full council.

City staff weren't able to say yesterday how much it would cost OC Transpo, but given an estimate before the Nov. 30 meeting, Bloess will look for something else in the OC Transpo budget to cut to offset the cost, he said.

Bloess said it will take "a bit of a sales job" to get it passed, but he is optimistic.

"If we can make seniors more mobile, it does affect their quality of life," he said, adding the other benefit is the motion would help ease the overcrowding of buses during peak hours by giving seniors an incentive to ride in the midday and evening.

JESSICA SMITH

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A Heatherington Road park that residents say is usually filled with dogs and kids was taken over by forensics experts and police yesterday Police wouldn't say what led them to the site, but said their excavation was sparked by information received as part of an investigation at the former residence of accused serial killer Camille Cléroux

TEXT **SEAN MCKIBBON** PHOTOS **JOE LOFARO**

JOE LOFARO/METRO

▶ A worker operates an excavator to dig up a small portion of the park on Heatherington Road yesterday morning as police look for evidence.

Digging for clues to Remains

JOE LOFARO/METRO

▶ Insp. Michael Callaghan said the forensic dig could take days to complete in the large, wooded park on Heatherington Road as police look for possible evidence related to remains that were discovered nearby on Oct. 31.

JOE LOFARO/METRO

▶ A Reardon Private resident said plain-clothed men were at the park on Friday marking the grass with spraypaint.

Camille Cléroux

- Camille Cléroux, 59 is charged with three counts of first-degree murder in the death of three women.
- A preliminary inquiry into the charges was adjourned pending the conclusion of the police investigation.
- The bodies of his two former wives — Lise Roy and Jean Rock — have not been found.

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WHEN ONLY THE BEST WILL DO

4 hep C cases found, lawyers say

The law firm that launched a class-action lawsuit against Ottawa gastroenterologist. Dr. Christiane Farazli announced four former patients have come forward after testing positive for hepatitis C.

Lawyer Nicholas Robinson of Merchant Law Group said he will represent the four individuals. He said three have been tested since the letters from the city were sent to about 6,800 people and one tested positive much earlier.

Last month, Ottawa Public Health (OPH) exposed a lapse in infection and prevention control at Dr. Farazli's Carling Avenue office.

The suit alleges Dr. Farazli caused them worry and potential bodily harm. None of the allegation have been proved in court. JOE LOFARO

Occupy plans for eviction

Occupy Ottawa protesters began making plans last night about what to do should police try to evict them from Confederation Park.

One group wanted to move, possibly to Minto Park, Victoria Island or in front of city hall.

Another group advocated resisting arrest with options such as chaining themselves together or to tents, or "dearresting" people by distracting police to let others escape custody. Some people considered wearing giant plush costumes to make their arrests more difficult and amusing. JESSICA SMITH

Art inspired by autistic son

Boy communicated through chalk drawings his dad made 3-D Dad 'wanted to celebrate' son's drawings

JOE LOFARO
@METRONEWS.CA

Jason Goldsmith realized when his son, Ellis, was five that the boy couldn't express himself through words like most chatty five-year-olds.

It was a pivotal moment during life as a father of an autistic child.

Ellis started to express himself through chalkboard drawings, which Jason collected over the years. Some communicated desires, others communicated questions.

"I ended up having access to him that I didn't have before," said Jason. "The drawings themselves showed a lot more intelligence than he was able to express in words."

Now Jason is showcasing the art at the Signature Christmas Show this week in Ottawa.

The one picture that stands out most to Goldsmith is a bedtime drawing by Ellis called the Big Blue Hug — a drawing of two blue balls fusing together representing Ellis' wish for a goodnight hug.

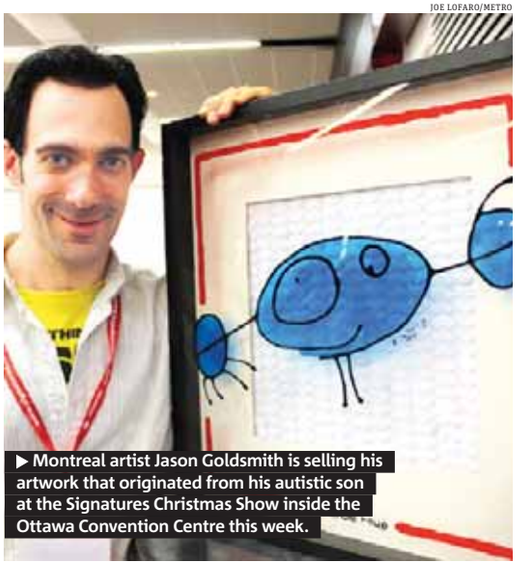
"It touched me so deeply that it sparked my desire to try to turn it into something more than a chalkboard drawing," said Goldsmith. "I wanted to celebrate it."

That's when Goldsmith got the idea to photograph the drawings, print them, cover them in a box frame and trace over the glass with glass paint. The result is a 3-D illustration that Jason said will put a smile on people's faces.

Ellis, now 12, still draws to his dad every few days, but he is able to communicate verbally.

Goldsmith's artwork is on display through Sunday at the Ottawa Convention Centre at booth 120 on the third floor.

JOE LOFARO/METRO



▶ Montreal artist Jason Goldsmith is selling his artwork that originated from his autistic son at the Signatures Christmas Show inside the Ottawa Convention Centre this week.

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Mayfair Theatre to open second location

Orleans cinema bows on Dec. 2 Original theatre in Old Ottawa South facing competition from new multiplex

Ottawa's oldest movie theatre is opening a second location in Orleans just in time for Christmas.

The Mayfair Theatre plans to open a second location Dec. 2 at 250 Centrum Blvd., across the street from the Shenkman Arts Centre.

The second location comes as Empire Theatres is looking to open a 10-screen multiplex as part of a redeveloped Lansdowne Park, something that could deal a huge blow to the Mayfair Theatre in Old Ottawa South.

"What is scary about the Mayfair downtown is Lansdowne," said Lee Demarbre, part-owner and programmer of the theatre. "They are going to open many movie theatres right across the street from us."

He says that kind of competition might be a little too strong for them to survive.

When Demarbre and his colleagues took over the Mayfair in 2009, their closest competition was in South Keys.

"I now stand outside my theatre and I am watching everyday Lansdowne getting smaller and smaller and that is scary," he said.

The Mayfair's owners say the cinema's opening weekend will feature a program of classic and family-oriented films.

"I am terribly excited and I hope people warm up to the Mayfair in Orleans as they did in downtown," said Demarbre.

Demarbre, who has lived in Orleans all his life, said he had always wanted to open a theatre there that would offer movies not shown in big theatres.

Demarbre said they aim to offer a classic cinema experience you can't get elsewhere.

1932 The Mayfair is Ottawa's oldest active movie theatre, in operation since 1932.

EDDIE RWEMA/OTTAWA THIS WEEK

▶ The Mayfair Theatre in Old Ottawa South

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Occupying a generation

Expert calls movement that brought together unionists, students and other groups unprecedented in recent memory Everyone wondering how long it can survive after protesters hauled away from worldwide sites

The Occupy protest is the most important democratic social movement of the last two generations and demonstrators who have taken over parks and other public spaces should be left alone, an expert in social movements says.

As civic authorities across Canada and the U.S. move to end the various occupations, Vincent Mosco, professor emeritus of sociology at Queen's University, says the "extraordinary" movement had created a rarely seen coalition.

"It's everywhere — not just in large cities, but in small towns," Mosco said.

Back in the 1970s, he said, construction workers beat up anti-war students in the streets of New York City. Now, the workers go with their own protest signs and join the Occupy Wall Street demonstration in the city's Zuccotti Park.

Earlier this week, authorities cleared the Manhattan plaza, a scene that's been playing out around the world over the past few days.

But Mosco believes the movement would survive because of its significance, even if protesters end up evicted from their last remaining strongholds.

No matter what happens, Mosco said they have already made people pay attention to issues of wealth distribution and democracy.

THE CANADIAN PRESS

KATIE TURNER/METRO

Occupy Calgary

The city's bylaw boss says an early-morning tent fire in Olympic Plaza that sent two Occupy Calgary demonstrators to hospital "validates what we've been saying all along."

"There's a safety issue here and it's of grave concern to us, especially with the weather forecast," said Bill Bruce, the director of Animal and Bylaw Services.

METRO

PHYLICIA TORREVILLAS/METRO FILE

Occupy Vancouver

The City of Vancouver has changed its tactics and now wants a court injunction to get rid of the Occupy camp on the grounds protesters are trespassing.

Last week, a judge delayed her decision on an injunction but ordered the protesters to comply with fire-safety demands.

The city had been contending there are imminent safety concerns.

METRO

GETTY IMAGES

Occupy London

London officials attached eviction notices to protest tents outside St. Paul's Cathedral yesterday. They are asking demonstrators to remove the camp by Thursday evening or face legal action.

Cathedral and city officials had offered the protesters a deal to allow them to stay until the new year if they then agreed to leave. But the corporation said Tuesday that talks had failed.

THE ASSOCIATED PRESS

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Occupy Seattle

An 84-year-old woman in Seattle has quickly become a face of the national Occupy Wall Street movement after she was hit with pepper spray during a march after police told the group they had to move.

"They picked up their bicycles and started shoving them at us and confining us in a very small place and they started to pepper spray," she said.

Six people were arrested, but not the woman.

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Arrivederci: Italy's politicos shut out

New PM creates a crisis team of bankers, diplomats and business experts Monti, Berlusconi shake on it

Prime Minister Mario Monti yesterday formed a new Italian government — with an Italian twist.

His cabinet has not one single politician.

Monti has created a team of bankers, diplomats and business executives to steer Italy away from financial disaster.

"I hope that, governing well, we can make a contribution to the calming and cohesion of the political forces," Monti said.

The 68-year-old former European Union commissioner said he'll serve as Italy's economy minister as well as its prime minister as he seeks "sacrifices" from across the political spectrum to solve the Italian economy's woes.

Monti and his new cabinet ministers were sworn in at the presidential palace. The ceremony formally ended Silvio Berlusconi's three-year-old government and the media mogul's 17-year-long political dominance.

Berlusconi and Monti shook hands in an unofficial handover of power.

Why does Monti's cabinet have no one from the ranks of Italy's fractious political parties?

Monti said he decided after talks with party leaders "that the non-presence of politicians in the government would help it."

Analysts gave Monti's selections top marks. "I think the quality of the people is very high," said Roberto D'Alimonte, a political science professor at Rome's LUISS University.

THE ASSOCIATED PRESS

Bonds bombing

- Hopes for the new administration won Italy some respite in financial markets yesterday, but the relief didn't last long.
- By afternoon, the yield or interest rate on 10-year Italian bonds was back dangerously near 7 per cent — the threshold that eventually forced Greece, Ireland and Portugal to seek bailouts.

ROBERTO MONALDO/LAPRESSE/THE ASSOCIATED PRESS

▶ Ready for action: Italy's new PM, Mario Monti, pictured in Rome yesterday, will implement "sacrifices" to balance the country's budget.

Greek vote paves way for giant crackdown

Greece's new coalition government easily won a confidence vote in parliament yesterday.

It enables Prime Minister Lucas Papademos to speed up long-term reforms and secure a massive new bailout deal involving banks and rescue creditors.

Greece is at the heart of a vicious debt crisis that has brought it to the brink of bankruptcy.

THE ASSOCIATED PRESS

30,000

Papademos must oversee a raft of austerity measures, including the suspension of about 30,000 civil servants on partial pay.

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Storm. Damage

▶ Chad Scott inspects damage to his cousin's home in Auburn, Ala., yesterday. A path of storms swept across the state, leaving behind fallen trees and some heavy wind damage.

DAVE MARTIN/THE ASSOCIATED PRESS

Southeast U.S. takes a battering

One person has been killed in a storm system that produced several possible tornadoes throughout the Southeast. The person was killed in north Georgia when a tree fell on a sport utility vehicle. The storms have damaged dozens of homes and buildings in at least three states. At least 16 people have been hurt.

It's not easy being a frog on our planet

U.S. scientists meeting in bid to reverse situation

Frogs, salamanders and other amphibians may eventually have no haven left on the globe because of a triple threat of worsening scourges, a new study predicts.

Scientists have long known that amphibians are under attack from a killer fungus, climate change and shrinking habitat. In the study appearing online in the journal Nature, computer models project that in about 70 years those three threats will spread, leaving no part of the world immune from one of the problems.

Frogs seem to have the most worrisome outlook, said study lead author Christian Hof of the Biodiversity and Climate Research Center in Frankfurt.

THE ASSOCIATED PRESS

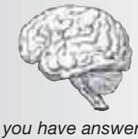
Numbers drop

- Several important U.S. amphibian species — boreal toads in the U.S. Rocky Mountains and the mountain yellow legged frog in the Sierra Nevada Mountains — are shrinking in numbers. The western part of the U.S. has the problem worse than does the East.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐



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Taser. Phones

▶ Toronto's major crime unit, Canada's Border Services Agency and the Toronto Police Service's guns and gangs unit display seized stun guns that look like cellphones in Toronto yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Law enforcement happens upon incognito arms

Toronto police have uncovered a cache of weapons worthy of a spy novel. Yesterday officers showed off dozens of stun guns — which look like thick cellphones with tiny prongs at one end — that were seized by police in a raid last week, along with boxes of fake lipsticks and lighters that spray tear gas. The weapons stash also included a TEC-9 submachine gun, a Cobra nine-millimetre handgun, several butterfly knives and brass knuckles.

Vigilante crime fighters hang up their capes

Pedophile-busting superheroes scolded by Mounties after videos go viral

MATT KIELTYKA
@METRONEWS.CA
METRO CANADA IN VANCOUVER

Four men have promised to put aside their brief stint as crime fighters after videos of their costumed adventures caught the eye of RCMP.

The vigilante justice came in the form of To Troll a Predator, a series of YouTube videos where the men — three teenagers and a 20-year-old — pose as a 15-year-old girl on dating sites and agree to meet up with older men in a public location.

When the contact arrives, the men — armed with a camera — spring into action dressed as Batman and the Flash, accuse them of being pedophiles and publicly shame them.

As amusing as the viral videos may be, RCMP were less than thrilled.

"This activity is not something the RCMP would condone or recommend," said spokesperson Cpl. Tammy Hollingsworth in a written statement. "Unfortunately, these youths and men didn't consider the potential consequences of their actions, or the impact to their personal safety or the safety of other youths and the community."

YOUTUBE.COM

▶ A screen grab from a To Troll a Predator YouTube video

RCMP say the "superheroes" have been contacted by police and have agreed to stop their escapades.

The RCMP's integrated child exploitation unit is now involved, though it's not known whether the alleged predators in the videos are being investigated.

New RCMP chief to tackle harassment

ADRIAN WYLD/THE CANADIAN PRESS

Incoming RCMP commissioner Bob Paulson steps into his new job with a daunting task — get to the bottom of harassment within the national police force.

Public Safety Minister Vic Toews introduced the veteran Mountie to media yesterday and immediately announced that the Commission for Public Complaints Against the RCMP will investigate the issue that has dogged the force for years.

The new commissioner endorsed the move wholeheartedly and said stamping out harassment will be the first item on his plate.

"I will sort this out in a way that Canadians can have trust and faith in the RCMP and, just as importantly, that employees of the RCMP can thrive in a healthy, productive and harassment-free environment."

THE CANADIAN PRESS

"This does not represent the force that I joined and this condition cannot stand."
BOB PAULSON, INCOMING RCMP COMMISSIONER

NEW BRUNSWICK

Sex toys, underwear stolen

RCMP in New Brunswick say more people are coming forward complaining that sex toys and women's underwear were stolen from their homes.

Last Thursday, police reported there had been seven break-ins in the Saint-Paul and Sainte-Marie areas where women's undergarments and sex toys were taken.

They now say four more people have come forward with similar complaints since then.

The thefts, all committed while the homes were empty, began in July.

In one case, officers say lingerie was taken from a clothesline.

Police say they believe there may be more people who had such items stolen but may be reluctant to come forward.

THE CANADIAN PRESS

philosophy

philosophy: smell good, feel good

the Bay
thebay.com

Whodunit? Air strike a mystery

U.S., France both deny attack on terrorist 'summit'

When thundering explosions rattled a small Somali town during a meeting of Islamist insurgent leaders, it sent them scurrying for safety.

An international military force appears to have launched the powerful, well-timed attack, but no one will admit it.

The two top possibilities — the U.S. and French militaries — both deny responsibility.

Officials from the two countries even suggested it might be the other.

Sunday night's explosion in Afgoye, a heavily populated corridor along a main road leading out of the Somali capital, came as Somalia's al-Qaida-linked al-Shabab militia is fighting to defend itself on two fronts.

Missile motives

Both the U.S. and France have motives for launching a missile.

- The U.S. lists al-Shabab as a terrorist organization and is alarmed by its recruitment of young Americans.
- Last month Somali gunmen abducted an elderly French woman from her home in Kenya. She died. Another French hostage, a military official, has been held for more than two years.

African Union soldiers have taken over the capital, Mogadishu, and Kenyan soldiers crossed the border into southern Somalia last month.

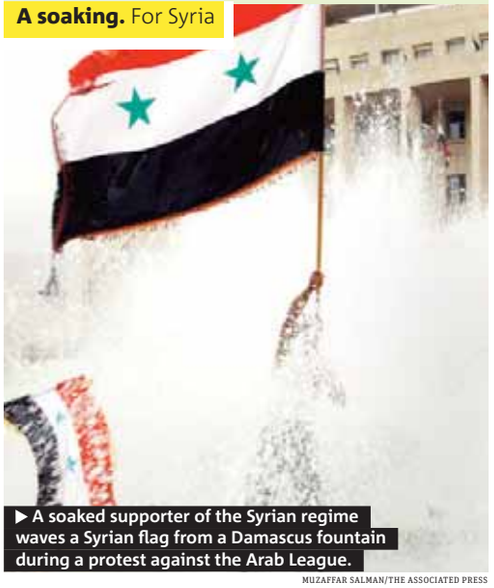
But neither Kenya nor the AU force — known as AMISOM — was likely to have launched the attack, said Lauren Gelfand, the Africa and Middle East editor of Jane's Defence Weekly.

"To have that kind of strike capability is completely beyond AMISOM. They have no air support," said Gelfand.

"The Kenyan F5s (jets) do have the capability, but whether they have the precision is unlikely."

THE ASSOCIATED PRESS

A soaking. For Syria



▶ A soaked supporter of the Syrian regime waves a Syrian flag from a Damascus fountain during a protest against the Arab League.

MUZAFFAR SALMAN/THE ASSOCIATED PRESS

Syria faces Arab deadline

Foreign ministers from the 22-member Arab League have confirmed Syria's suspension from the organization because of its bloody suspension of anti-government protests. Meeting in Morocco, they also gave the Syrian government three days to respond to an Arab peace plan.

Mobile MDs have a mission: Death

The main Dutch euthanasia advocacy group says it supports creating "mobile" euthanasia teams of doctors for terminally ill patients who want to die in their own homes, rather than in a hospital.

The Netherlands legalized euthanasia in 2001 in cases where patients are suffering unbearable pain due to illness with no hope of recovery.

Spokesperson Walburg de Jong of The Right To Die said yesterday the "mobile" idea is a logical extension of its plan — not approved by the government — to create a clinic for patients who meet the criteria for euthanasia but whose doctors are unwilling to carry it out.

THE ASSOCIATED PRESS

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Women more prone to 'broken heart syndrome': Study

Hormones may play a role 1% of cases prove fatal

Females are seven to nine times more likely to suffer "broken heart syndrome," when sudden or prolonged stress like an emotional breakup or death causes overwhelming heart failure or heart-attack-like symptoms, the first U.S.-wide study of this finds. Usually patients recover with no lasting damage.

The classic case is "a woman who has just lost her husband," said Dr. Mariell Jessup, a University of Pennsylvania heart-failure specialist who has treated many such cases.

6,229 Using a federal database with about 1,000 hospitals, Deshmukh found 6,229 cases of "broken heart syndrome" in 2007.

Tests show dramatic changes in rhythm and blood substances typical of a heart attack, but no artery blockages that typically cause one.

Dr. Abhishek Deshmukh of the University of Arkansas had treated some of these cases. "I was very curious why only women were having this," he said, so he did the first large study of the problem and reported results yesterday at an American Heart Association conference in Florida.

No one knows why women are more likely to suffer from the condition, said Dr. Abhiram Prasad, a Mayo Clinic cardiologist who presented other research on this syndrome at the conference.

"It's the only cardiac condition where there's such a female preponderance," he said. THE CANADIAN PRESS

Tibetan. Protest

▶ An exiled Tibetan shouts slogans against the Chinese government yesterday during a march in New Delhi.

MANISH SWARUP/THE ASSOCIATED PRESS

Exiled Tibetans march in India

Yesterday's demonstration in New Delhi aimed to raise awareness of recent acts of self-immolation by some Tibetans, and protest crackdown on monasteries.

Veterans challenge clawbacks to federal disability benefit

Lawyers for Canadian veterans were in federal court yesterday in Halifax arguing that disability benefits for hundreds of former members are being unfairly cut back.

The veterans, who have launched a class-action suit, say their long-term disability benefits are being reduced by the amount of their disability pensions.

The veterans say the government is clawing back their disability because it has incorrectly deemed it income. The hearing is looking at whether the government has the legal right to pare back the disability benefit and if it is miscalculating the benefit.

More than a dozen veterans filled the courtroom on the first day of the two-day hearing. THE CANADIAN PRESS

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TRUE TEST OF COUNTERFEIT BILLS IS IN THE SCENT

HE SAYS ...

JOHN MAZEROLLE
METRO

Welcome to the Bank of Canada's public-awareness campaign designed to help Canadians learn about the newly unveiled $100 bills and how to spot counterfeit cash. Let's begin.

It's important to note that, according to the RCMP, the number of seized counterfeit bills in Canada has dropped dramatically in the last decade. This can only mean one thing: *Counterfeiters are fooling us more than ever.*

When the number of bogus bills seized annually drops to zero, we'll know the criminals have finally won.

But you can help fight counterfeitism by paying special attention to the new bills — look at them, flip them, feel them, talk to them, come to know them.

The bills are a mix of old and new: For instance, the image of Robert Borden on the $100 is now looking right at you. But, in a nod to the old design, you'll still have no idea who Robert Borden was or what he did.

Above all, the bills have been designed with security in mind. And whether a brand-new design or an old bill, there are important warning signs that the cash you're carrying may be bogus.

"The new notes are magic-eye puzzles. If you let your eyes go out of focus, you will see, depending on the denomination, John A. Macdonald with his head resting on a toilet bowl or Pierre Elliot Trudeau giving you the finger."

Be aware:

• On Canadian currency, Canada is rarely spelled with a K.

• Canadian bills include braille. If the bill is counterfeit, braille reads, "This bill is fake. Shhh …"

• Be wary if small print says, "We swear this bill is legal tender, honest."

• There has never been a bill with Geddy Lee's image, there is no such coin as the "threenee," and the $57.50 bill is no longer in circulation.

• Only younger depictions of the Queen show her with a nose ring; on counterfeit bills, her pearls are also fake.

• The King of Kensington was never actually part of the British monarchy.

Still not sure? The new bills also allow new ways to check their legitimacy beyond simple visuals:

• Chewing on a new bill for one hour will trigger the taste of wild pomegranates.

• A new $100 will burn at 233 C. Results vary, so burn at least 10 of them, then calculate the mean temperature.

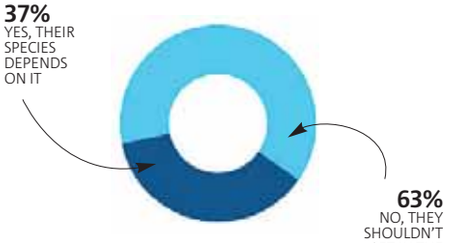
• The new notes are magic-eye puzzles. If you let your eyes go out of focus, you will see, depending on the denomination, John A. Macdonald with his head resting on a toilet bowl or Pierre Elliot Trudeau giving you the finger.

If you follow these tips and still can't decide if your bill is real, please mail it to me and I will ascertain its value in the most respected and time-honoured method available. I will spend it. You can't be too careful.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Should zoos separate same-sex animal mates in the name of species survival?



Local tweets

▶ **@mystique 2078:** my neighborhood is just going all out wacko

▶ **@paminottawa:** Just done at the hairdressers. Look like the chick from George Michael's Father Figure video. Wish he could dry my hair every morning...

▶ **@orenmazor:** lol where do they hire these bus drivers!

▶ **@theodotblog:** Fun New OC Transpo Route #74 Allows Passengers To Drive The Bus Themselves

▶ **@laurajakey:** A very nice man in the elevator just gave me a persimmon fruit.

▶ **@JessieJoy84:** Thanks @ChelseaGardiner for calling me today and wishing me a happy birthday! You're the best :)

▶ **@NoodleSongz:** Why are these kids all over me?! Ones decides to sit on my face, and the other sits on me and use my boobs as drums....like WHY! Lmao

Letters

BILL C-10.
We do not need more hardened criminals and an outrageously expensive prison system that gives us nothing back. **ERIN ELLIS, OTTAWA**

We know that this approach will fail at achieving its stated goals — Texas gives a clear example of this. The Canadian Bar Association has taken a clear stance against it, stating that it may actually worsen the problems it is purported to fix. High costs — both monetary and social. It targets those in our country who are already most vulnerable, the poor, mentally ill and addicted. **MATT TAVES, VANCOUVER**

It just doesn't make sense to jail an 18-year-old drug dealer and then release them in five or 10 years and imagine that s/he will suddenly be a law-abiding citizen. How can they when they haven't learned how? But if those years are used to teach that person how to live without drugs, to treat their depression, how to get a job, then the chances seem much better that that person can survive without turning to crime, and not re-offend. **DR LAURA CLARK, MD, TORONTO**

photo of the day

PHOTO CHALLENGE

▶ This photo titled Ferris Wheel was submitted to the Pleasure category by Artur Andronic from the U.S.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Maybe she thinks she has a 50/50 chance

Lindsey Ann Miller, the pretty 26-year-old UCLA student suffering with a rare form of pancreatic cancer was so moved by the performance of Joseph Gordon-Levitt in the film 50/50 that she's made a very public YouTube plea for a coffee date with the Hollywood actor.

Gordon-Levitt, 30, best known for his role in the TV sitcom 3rd Rock From the Sun, was praised for his unique portrayal of a young man diagnosed with cancer in this fall's hit 50/50.

JASON MERRITT/GETTY IMAGES

▶ Joseph Gordon-Levitt

Miller was diagnosed a year ago with neuroendocrine pancreatic cancer, underwent surgery in December to remove tumours from her liver and continues to endure nauseating bouts of chemotherapy treatments.

Miller acknowledges the video is a long shot. But why not? She figures, "Life is short." **TORSTAR NEWS SERVICE**

metro
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Productivity gap carries heavy cost

Companies' failure to invest in new machinery, technology hits Canadians in the wallet: Study

Canadians would have about $7,500 more a year in disposable income if companies had been able to keep up with their U.S. rivals in productivity over the past decade, the Conference Board of Canada reports.

Based on the premise that Canada's productivity has lagged the U.S. by 0.8 percentage points a year from 1998 to 2008, the Conference Board study suggests:

- Real per capita gross domestic product had fallen $8,500 further back in 2008 than where it would have been had the gap not existed.
- As well, corporate profits would have risen by about 40 per cent and government revenues by 31 per cent.

But the most revealing finding is that Canadians would on average be much wealthier, allowing them to spend more and boost the economic performance of the country.

Economist Mario Lefebvre, who wrote the report, said he tried to personalize what is at stake because he finds few people understand how productivity — which measures output in terms of hours worked — affects them.

The report puts the blame for the gap squarely on the corporate sector, noting that Canadian firms have not kept up with their U.S. counterparts in adopting the latest technologies, whether computerization or robotics or plant equipment, that boost the ability of their workers to produce more.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 54.91 (12,174.36)	- 0.20¢ (97.76¢ US)
Oil	**Natural gas**
+ $3.22 US ($102.59 US)	1,000 cu ft $3.344 US (- 6¢ US)
	Gold contracts
	$1,774.30 US (- $7.90 US)

Never. Say die

▶ TransCanada Corp. is still dedicated to moving the Keystone XL pipeline forward despite a recent delay, its chief executive says. Russ Girling says TransCanada is confident U.S. regulators will approve the Alberta-to-Texas line once a new route is worked out to avoid ecologically sensitive parts of Nebraska.

JEFF MCINTOSH /THE CANADIAN PRESS

Keystone delayed not dead, says CEO

Facebook fends off latest spam attack

Facebook has stopped most of the spam that has flooded many users' pages with pictures showing graphic sex and violence, the company said yesterday.

The latest attack tricked users into pasting malicious links into the address bars in their web browsers. This exploited a browser vulnerability that caused them to share the graphic content with their Facebook friends.

THE ASSOCIATED PRESS

5% Facebook says fewer than five per cent of its 800-million-plus users experience spam on a given day, and less than four per cent of shared content is spam.

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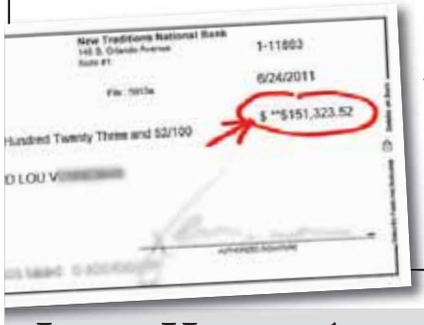

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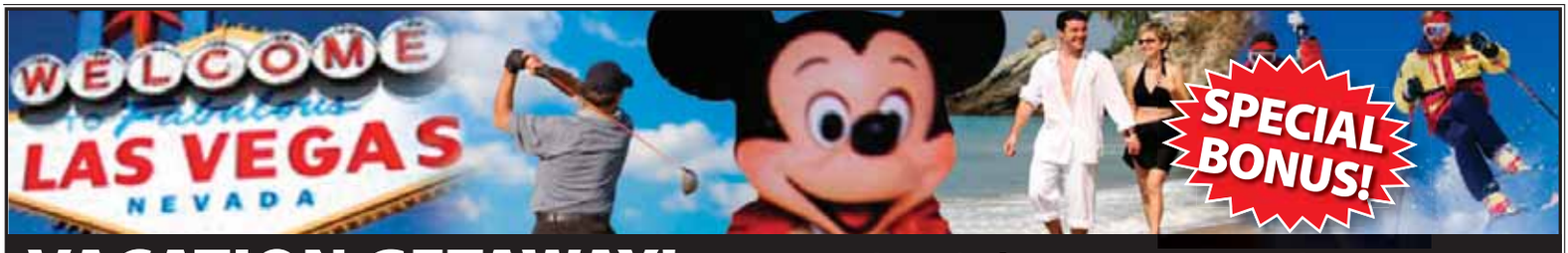

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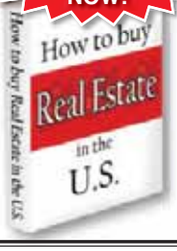

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CONTRIBUTED

▶ You can catch Sacha Leclair, also known as Kid SL, every Friday night at The JunXion Public House.

Cut from a different scratch

Entrepreneur by day, DJ by night, Sacha Leclair is creating his own opportunities in the city

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

Ottawa DJ and entrepreneur Sacha Leclair, also known as Kid SL, is a man who creates his own opportunities.

At 11, an age when most boys are busy playing with remote controlled cars and Lego, Leclair was teaching himself how to spin records.

He was inspired by the show Electric Circus on Much Music.

"They would show videos and have an actual party inside the studio," he says.

"Each week, they would have a guest DJ do a mini-set and that's when I was first exposed to DJing."

Lucky for Leclair, it's a career choice his parents have always supported.

"My dad has a large record collection and has always been into music," he says.

"I think they're still proud of what I have accomplished and that I enjoy what I do for a living."

Now 29, Leclair been DJing for 18-years, winning four Ottawa DMC titles and a Canadian team title along the way.

He won at the last two Ottawa Red Bull Thre3style competitions.

DJing seems to keep opening doors to new opportunities.

In his late teens, he was organizing raves and concerts.

By 2001, he became a member of a team that opened Surface Night Club in the ByWard Market which, in turn, led to a career in graphic design and the launch of his own company.

"After doing design work for the club, other people noticed and started inquiring for jobs and that's when Taktikal Design came to be," he says.

Ten years later, Leclair continues to DJ for a living while also making the most of his time off, recently launching an interior design company with his wife, Melissa.

"I've always had a passion for modern architecture and interiors and feel it's time to do something more hands on during the daylight hours," he says ambitiously.

It's hard to imagine Leclair could find time to do anything else but he says he's making big plans for the future.

"I have a pretty laid back approach to my DJ career," he admits.

"I'd love to do more traveling and eventually design my own nightclub here in Ottawa."

Show

Where can you find him?

▶ **On the scene** Catch Kid SL every Friday night at The JunXion Public House (15 George St.) and Sunday nights at Industry Room (130 York St.).

2 scene

Top Chef Canada

Model-turned-actress Lisa Ray is the new host of Top Chef Canada. The Water star is taking over hosting duties from Thea Andrews, who recently gave birth to her second child.
THE ASSOCIATED PRESS

Turn-of-the-century series 'Murdoch Mysteries' to move from Citytv to CBC

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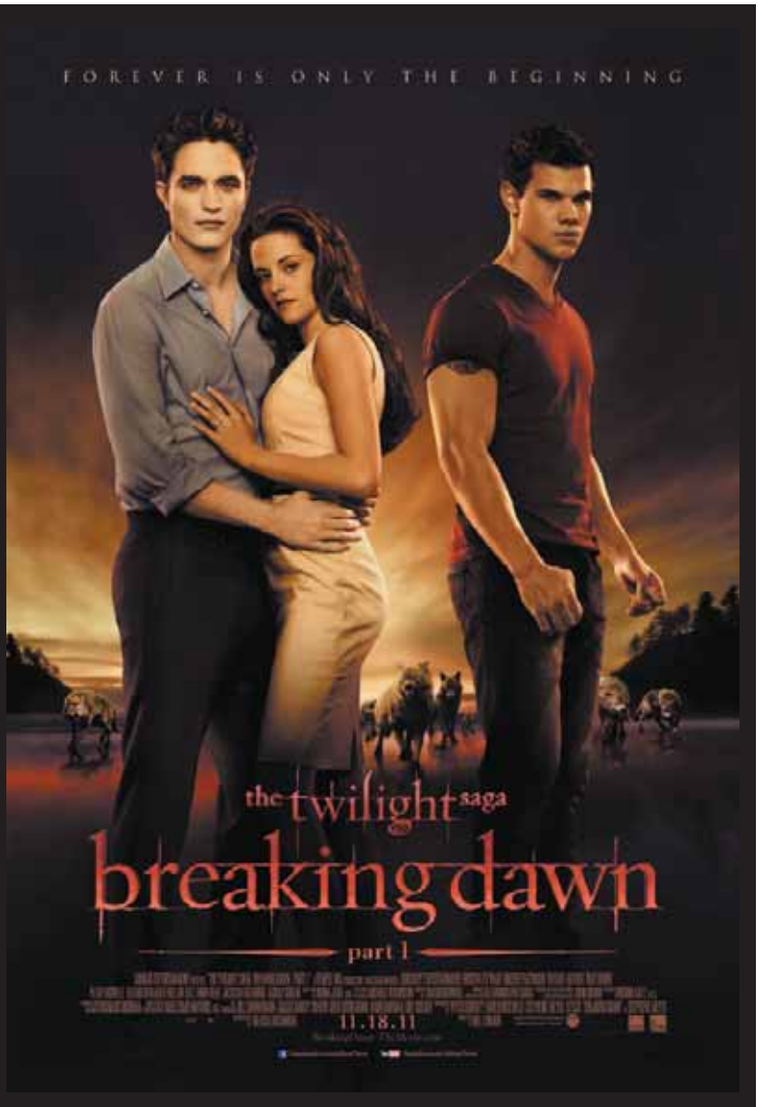

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Two (dance) steps ahead of the crowd

New game allows players to dance alongside the BEP

TAKARA SMALL/FOR METRO

▶ Film star and pro dancer Kenny Wormald, right, says much can be learned from Black Eyed Peas: The Experience.

TAKARA SMALL
SCENE@METRONEWS.CA

The Black Eyed Peas are getting animated and following in Michael Jackson's moon walking, hip-shaking steps with the release of their own video game, Black Eyed Peas: The Experience.

Unlike its predecessor, Michael Jackson: The Experience, the Black Eyed Peas game, currently for Nintendo Wii and Xbox 360, actually sees gamers battling and dancing alongside the group instead of playing them. Black Eyed Peas: The Experience is even catching the attention of Kenny Wormald, the star of the hit film Footloose, who was at a recent launch for the game. The 27-year-old has been performing on stage for 20 years and admits that even a pro like him learned a few new tricks from Black Eyed Peas: The Experience.

"It's more than just a game, but a choreographed dance-off against one of the world's best groups," he says. "(Even) as a professional dancer it's really good because it makes you very meticulous and can teach you."

On average, it takes between 18 months to two years from inception to completion of a dance video game of this kind. For game developer Ubisoft, the uniqueness of the game comes from incorporating the band's style, brand and creativity into every detail.

"Everything had to be approved by the Black Eyed Peas. The songs that we chose, how the dancers are dancing, what type of clothing they are wearing," says Jeyson Acevedo, public relations manager at Ubisoft Canada. As a result, everything from the Black Eye Peas' futuristic outfits to will.i.am's famous asymmetrical coif appears.

To transform the Black Eyed Peas into digital avatars popping and locking on screen, Ubisoft spent days scanning the group members' bodies. Wearing outfits fitted with censors, the group had every move and expression recorded and translated into the dance-motion game.

"Technology is letting us do more than just loan fans a song," says Acevedo. "It lets them actually dance alongside The Black Eyed Peas."

Black Eyed Peas: The Experience is in stores now and will be available for PlayStation in December.

The Good, The Bad & The Ugly

The Black Eyed Peas aren't the first celebrities to make an appearance as themselves in a video game. For better or worse, stars have been leaping to the small screen to play digital versions of themselves for decades. Here are some of the gaming world's most memorable.

Michael Jackson: The Experience (2011)
The first video game in the Experience franchise has the King of Pop (as an avatar) help players learn and perform some of his famous moves to hits like Billie Jean and The Girl is Mine.

Shaquille O'Neal: Shaq Fu (1994)
The now-retired basketball player traded in his sneakers for swords in this kung-fu video game. In the poorly-reviewed game, Shaq fights off evildoers after falling into a parallel universe.

The Beatles: Rock Band (2009)
One of several famous Rock Band games released in recent years, players perform as one of their favourite members of the group. Paul McCartney and Ringo Starr make appearances in the game as players try to master classic hits and climb the charts. TAKARA SMALL

HUNDREDS OF PEOPLE CASH IN ON MODERN DAY GOLD RUSH!

By Jason Delong
STAFF WRITER

Gold and silver pour into yesterday's Roadshow due to highest prices in 40 years.

Yesterday in **Ottawa & Gatineau**, hundreds lined up to cash in old coins, instruments, gold and jewellery at the Treasure Hunters Roadshow. The free event is in **both towns** all week, buying gold, silver, timepieces and other valuables. One visitor I spoke with yesterday said, "It's unbelievable, I brought in some old coins that had been in a little cigar box for years and some old herring bone necklaces—in less than 15 minutes I left with a check for $700. That stuff has been in my jewellery box and dresser for at least 20 years." Another gentleman brought in an old Fender guitar his father had bought years ago. The man said, "Dad had less than 50 bucks in that guitar." The Roadshow specialist that assisted him made a few phone calls and a veterinarian in Seattle, Washington bought the guitar for $5,700. The seller continued, "I got another $150 for a broken necklace and an old class ring. It's not every day that someone comes to town bringing six thousand dollars with your name on it."

Above—Roadshow specialist, Tony Enright, talks with a family about the gold jewellery that they brought in.

Jeff Parsons, President of the Treasure Hunters Roadshow, commented, "Lots of people have items that they know are valuable but just don't know where to sell them. Old coins, paintings, swords, guitars, pocket watches and jewellery are valuable to collectors. These collectors are willing to pay big money for those items that they are looking for."

This week's Roadshow is the best place to get connected with those collectors. The process is free and anyone can bring items down to the event. If the Roadshow specialists find items that their collectors are interested in, offers will be made to purchase them. About 80% of the guests that attend the show end up selling one or more items at the event.

"COINS MADE BEFORE 1968 ARE THE MOST SOUGHT AFTER BY COLLECTORS. U.S. COINS MADE BEFORE 1965 ARE 90% SILVER. COINS CAN BE VALUABLE BECAUSE OF EITHER THE SILVER CONTENT OR EVEN MORE VALUABLE IF ONE HAPPENS TO BE A RARE DATE."

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Coins and guitars are not the only items the Roadshow is buying. "Gold and silver markets are soaring," says Archie Davis, a Roadshow representative. "Broken jewellery and gold and silver coins add up very quickly. I just finished working with a gentleman that had an old class ring, two bracelets and a handful of silver dollars. His check was for over $650. I would say that there were well over 100 people in here yesterday that sold their scrap gold." One gentleman holding his check for over $1,250 in the lobby of the event yesterday had this comment: "I am so happy I decided to come to the Roadshow. I saw the newspaper ad for the event and brought in an old German sword I had brought back from World War II and some old coins, and here is my check. What a great thing for our community. I am heading home now to see what else I have that they might be interested in."

The Roadshow continues today starting at 9 a.m. The event is free and no appointment is needed.

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GUITARS & OTHER INSTRUMENTS Fender, Gibson, Martin, Rickenbacker, Gretsch, new and vintage amps, saxophones, wood winds, mandolins and all others.

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Odd submission

One of the weirdest submissions to the tumblr site: hotguysandbabyanimals.tumblr.com as told by Audrey Khuner.

- "There's a picture of a guy throwing a cat toward the camera." Let's just hope that cat hasn't used up its nine lives.

HANDOUT

▶ Audrey Khuner and Carolyn Newman are the founders of hotguysandbabyanimals.com.

Pet Project

Two girls' puppy love spawned the cutest global phenomenon
Metro talks to one of the girls behind the web's fluffiest site

RICHARD PECKETT
SCENE@METRONEWS.CA

"I thought it'd be a great way to meet guys," says Audrey Khuner, one half of the duo behind the website hotguysandbabyanimals.com.

The site, predominantly aimed at women, gay men and swooning college girls, was conceived when a joke between Audrey and her co-founder Carolyn Newman was turned into a business reality.

"We've always been into animals and a bit boy crazy.

"And there's always been beefcake and baby animal calendars, so we thought why not combine the two?" muses Khuner in an interview.

The result: You can't take your eyes off those dewy-eyed cuties.

Yep, I'm talking about both the guys and the critters.

But behind the eye candy calendars, greeting cards and a host of other merchandise, there is a relatively viable entrepreneurial business (although Khuner admits that she has other jobs).

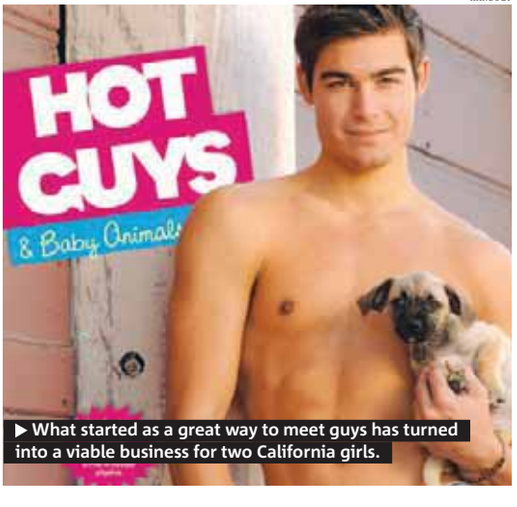
"The shoots are so much fun. I posted a picture of me next to this really well cut guy holding a puppy on the site — and my friends hate me for it but it's just another day on the job — and I love it," she gushes.

That said, since the site's inception in 2009, the Berkeley, Calif.-based duo have donated between five and 10 per cent of their profits to animal charities such as the SPCA in San Francisco. And much to the joy of Khuner's photographer father Eliot, they are now able to pay him after two years where he was working for free.

They also have the backer of a publisher, a global appeal with orders arriving from Brazil to the Netherlands and talk of iPhone skins, desktop wallpapers and maybe even an app.

But sadly guys, there are no plans for a hot women and cute animals calendar — damn it.

HANDOUT



▶ What started as a great way to meet guys has turned into a viable business for two California girls.

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Von Teese talks corsets, cocktails

Burlesque star unveils portable cocktail kit

ALL PHOTOS GETTY IMAGES

▶ Dita Von Teese

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Striptease star and corset collector Dita Von Teese visited New York on Tuesday night to unveil Cointreau Travel Essentials, her portable cocktail kit for women on the go. Swizzle-stick thin and flanked by New York downtown comedy king Murray Hill, she talked to Metro about why the new burlesque attracts so many female fans.

"I think it's because they like to see an alternative kind of beauty. I'm not tan, I'm not blonde, I don't look right in a bikini."

When we protested, she explained, "Running on the beach in a bikini isn't really my thing. I'm never going to be on the cover of the Sports Illustrated swimsuit issue, let's put it that way."

With so many women embracing burlesque, does she see the corset making a comeback?

"I think what's great is we have the option. We can wear whatever we want, and we can be whoever we want, and if we want to wear a corset, we can wear it our way. There are lots of ways to bring the corset into your life without suffering."

New to burlesque? Dita suggests catching a Miss Dirty Martini show (missdirtymartini.com).

"She's one of my favourite performers and one of those women who show that you can be beautiful at any size." METRO

Pitt has no expiration date

▶ Brad Pitt

Brad Pitt wants to clarify that comment he made about retiring from acting at age 50.

"I wasn't actually putting an exact deadline on my expiration date, but I see it coming. I just have other interests and I do quite enjoy the production side," Pitt said during a press conference in South Korea.

"Me, personally I like ageing. With age comes wisdom and I have said it before and I say it again, I will take wisdom over youth any day," he added.

"I think certainly, being a father has changed everything for me as far as perspective and interest, taking care of myself and wanting to be around for them." METRO

Celebrity tweets

@kathygriffin
"Look, I don't know what Liza does before playing Carnegie Hall, but I'm watching marathon of "Pitbulls & Parolees" Weird??"

@SofiaVergara

"OMG so many cute guys at the Latin Grammys!"

@AlbertBrooks

"60 is the new 40. Dollars, not age."

@SethMacFarlane

"Still have not had one sweet dream made of anything involving Annie Lennox."

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Who is the sexiest? Bradley Cooper

Bradley Cooper has been named People's Sexiest Man Alive.

Why? Let the fawning magazine count the ways: He went to Georgetown University (preppy!); cooks; is fluent in French, but isn't prissy as the dude knows how to drive a motorcycle. And, if that's not all, he's close to his mother. "My mother is going to be so happy," he told the magazine when he first found out the news. METRO

Bieber's alleged baby momma drops her case

▶ Justin Bieber

It looks like Justin Bieber is in the clear, as Mariah Yeater has reportedly dropped her paternity case against him, according to Hollyscoop.

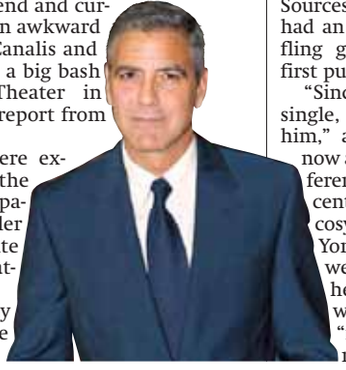
The 20-year-old San Diego woman had accused 17-year-old Bieber of fathering her four-month-old son.

The pop star had reportedly planned to take a paternity test upon returning to the U.S. and then file suit against Yeater. The case was reportedly dismissed quietly last week, and Yeater's attorneys are no longer representing her.

Representatives for Bieber say that he is still planning on taking a paternity test.

METRO WITH FILES FROM THE ASSOCIATED PRESS

Clooney's flames refuse to mix



George Clooney's ex-girlfriend and current girlfriend nearly had an awkward run-in, as both Elisabetta Canalis and Stacy Keibler showed up at a big bash at Grauman's Chinese Theater in Hollywood, according to a report from Us Weekly.

And while no words were exchanged between the two, the tension was reportedly palpable, as Canalis and Keibler "were always on opposite sides of the room," a party attendee says.

"They were basically avoiding each other the whole night." METRO

Diddy, Diaz get cosy in N.Y., L.A.

▶ Cameron Diaz

With Alex Rodriguez apparently out of the picture, Cameron Diaz seems to be rekindling her romance with Sean "Diddy" Combs, according to Us Weekly. Sources say the pair have had an on-again, off-again fling going since Combs first pursued Diaz in 2008.

"Since then, when she's single, she'll booty call him," a source says. And now apparently is no different. The pair were recently spotted getting cosy at a dinner in New York, and then this week they turned heads in Los Angeles, where they were "making out, acting romantic" during a lunch in Beverly Hills. Reps for both say the stars are "just friends" and have been meeting to discuss a project. METRO

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Shining Lights

Juno Award winner excited to return home to Canada following string of shows in U.S.
Timmins-born musician touring in support of second album, Siberia

JEN TRAPLIN
FOR METRO

Fresh off the U.S. leg of her tour, Lights is back home with high hopes for her Canadian shows.

"It's been really exciting to see the way it went with the U.S. tour," she says, shortly after stepping off the ferry in Victoria, B.C.

Recently, Lights released her sophomore album, Siberia, an edgy follow-up to her debut, The Listening.

She admits she is excited about having new material to play on the road, having toured behind her first album for two years.

"Another record to work with just takes the tour to a whole other level and I'm just having so much fun," says Lights.

As is the case for most recording artists, the time spent on the road far outweighs time spent in the studio. So, when it came to penning the songs on Siberia, Lights says she made sure to keep that in mind. "I think, subconsciously, I was writing songs that reflected that and it seems to be working because these songs are so much fun to play live," she boasts.

Clearly excited to be back in Canada after a successful string of shows in the U.S., Lights, whose given name is Valerie Poxleitner, says she is enjoying the ride and creating the music she wants to create.

"It's important to just go with it, try new things and don't be afraid," she says.

Lights credits the people around her, in particular her manager Jian Ghomeshi, with letting her carve her own path and make the music she loves, reaffirming the notion it's not all about money or radio.

"It reminds you why you do it in the first place and it feels innocent and awesome," she says.

Showtime

- **What:** Lights with special guests Rich Aucoin and Nightbox.
- **When:** Nov. 23 at 7 p.m.
- **Where:** Bronson Centre Theatre (211 Bronson Ave.).
- **Price:** $38 for a general admission ticket.

Drama can warm up season

Theatregoers are invited to travel through time and meet Franco-Ontarians from past and present at the production of Les murs de nos villages (Nov. 24, 25 and 27). You will get a glimpse into their home life and get better acquainted with them.

If you are in the mood for laughing the night away, try the Ron Maslin Playhouse in Kanata. Through to Saturday, the theatre is presenting Maggie's Getting Married, a hilarious romantic comedy by Norm Foster, who has been touted as one of Canada's funniest playwrights.

If you are looking for some drama in your life, you might want to see In The Eyes of Stone Dogs at the Arts Court Theatre (through to Nov. 26). Written by Daniel Danis and directed by Christopher Bedford, the play takes place on a fictional island in the St. Lawrence River, where nine characters, under the ever-present eyes of a chorus of dogs, fight for survival among the elemental forces of life and death. The production features Catriona Leger, Andy Massingham and graduating students from the Ottawa Theatre School.

Remember, there is still time to see And Slowly Beauty … a NAC English Theatre/Belfry Theatre (Victoria) co-production that's playing at the National Arts Centre until Saturday.

TERESA CHIYKOWSKI

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Philippe Sly – Jun. 1 – Shenkman Arts Centre

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THÉÂTRES Ottawa THEATRES

Explore local galleries for inspiration

TERESA CHIYKOWSKI
FOR METRO

As the weather turns frosty outside, you might want to consider activities that bring you in from the cold by, for example, exploring the local art scene.

During November, The Cube Gallery at 1285 Wellington St. W. is showcasing the works of two artists — Alison Smith-Welsh and Victoria Wonnacott (until Nov. 27).

Smith-Welsh is an Ottawa artist who fabricates her fabulous metal assemblages by reusing and reinventing uses for discarded materials that she obsessively collects.

There is an overarching theme threading through all of Wonnacott's art. It's all born of her own artistic, personal and physical journey of and about water.

"We've carried over Victoria's water theme to a unique, creative and intriguing window display that's must-see," says gallery owner Don Monet.

CONTRIBUTED

▶ Fork Thing by Alison-Smith Welsh.

Until Nov. 27, visitors to the Orange Art Gallery at 233 Armstrong St. in the Parkdale Market district will be treated to the works of artist Jay Li, who takes inspiration from lost antique instruments and gives them a new life in this extraordinary collection of new works. Li's subject matter includes old typewriters, cast iron sewing machines, telephones and cameras.

Also at the Orange this month (until Sunday), see the best works of 20 artists who form the Ottawa-Gatineau Printmakers Connective.

From Saturday to Feb. 12, 2012, the Ottawa Gallery Arts Court (2 Daly Avenue) will exhibit the work of Ghitta Caiserman (1923-2005), "a widely celebrated artist who exemplifies the contributions of modern Jewish artists in Montreal during the 20th century."

Finally, if you are thinking about heading downtown, you might want to make a stop at the National Art Gallery of Canada (380 Sussex Dr.) to view Drawn to Art: French Artists and Art Lovers in 18th-century Rome. The exhibit, which runs until January, 2, 2012, is organized by the National Gallery of Canada in collaboration with the Musée des beaux-arts de Caen.

Satisfy musical taste thirst

Whether you are into country, pop or otherwise, plenty of concerts on tap

JEN TRAPLIN
FOR METRO

THE CANADIAN PRESS FILE

▶ Manotick rock band Hollerado, Jake Boyd, from left, Menno Versteeg, Dean Baxter and Nixon Boyd, returns home for a pre-holiday show Dec. 10 at Ritual Night Club.

TORSTAR NEWS SERVICE FILE

▶ Michou will play at Mavericks Nov. 22.

This fall, there are dozens of great concerts all over Ottawa. Whether you are into alt-rock, country, pop or otherwise, there is an upcoming show that will satisfy your musical taste buds.

Ottawa indie/post-rock band My Dad vs. Yours will be playing at St. Bridgid's Centre (302 St. Patrick St.) Saturday at 9 p.m. along with local folk rockers The Acorn and Mike Dubue. Tickets are $12 in advance at Vertigo Records, The Record Shaap or ticketweb.ca.

Catch Windsor pop rockers Michou Nov. 22 along with Victoria, B.C.'s, Current Swell and the pride of Wakefield, Que., The Strain, at 9 p.m. at Mavericks (221 Rideau St.). Tickets are just $10 in advance through ticketweb.ca, Vertigo Records or The Record Shaap.

If country is your thing, don't miss Doc Walker Nov. 24 at 8 p.m. at Centrepointe Theatre (101 Centrepointe Dr.). Tickets are $45 through the box office.

For something fun and different, check out Kingston group The Arrogant Worms Nov. 26, also at Centrepointe Theatre. The Arrogant Worms have been making audiences laugh for 20 years with their unique brand of satire and parody songs.

Dec. 3-4, check out Waterloo, Ont., folk rocker Craig Cardiff at the Black Sheep Inn (753 Riverside Dr., Wakefield, Que.) along with local favourite and Internet sensation Julia Dales. Her YouTube videos have more than six million views.

Celebrated Canadian musician and composer André Gagnon returns to Ottawa Dec. 8 at 8 p.m. at the Shenkman Arts Centre (245 Centrum Blvd.) for his Piano Solo concert series.

And don't miss Manotick indie darlings Hollerado Dec. 10 at Ritual Night Club (137 Besserer St.). Fresh off the heels of their hugely successful Meet the Mayor Tour, Hollerado returns home for a pre-holiday show.

Holiday events around the Capital

CONTRIBUTED

It's beginning to look a lot like Christmas here in the Capital and if you are starting to make plans for the holidays, there is no shortage of events to keep you and your family entertained.

If you want to get a head start on shopping, check out the Christmas Bazaar Saturday from 8:30 a.m. to 1:30 p.m. at St. John the Apostle Parish (2340 Baseline Rd.). There will be a great selection of new and used goods, homemade dog treats, crafts and books. There is also plenty of parking on-site.

For a bit of nostalgia, don't miss White Christmas: The Musical at Centrepointe Theatre (101 Centrepointe Dr.) tonight through Sunday at 7:30 p.m. It's based on the 1954 Paramount Pictures movie. This timeless classic will be played out on stage, presented by Orpheus.

From Dec. 2-4, it's A Country Christmas Remembered in Spencerville. Be part of an old-fashioned festival of family fun throughout the village of Spencerville. Tickets are just $5 per person or purchase a family passport for only $15. Go to acountrychristmasremembered.ca for more.

For the kid in everyone, check out The Story of Holly and Ivy at the Shenkman Arts Centre (245 Centrum Blvd.) Dec. 16 at 7 p.m and Dec. 17 and 18 at 1:30 p.m. and 3:30 p.m. Based on the book by Rumer Godden, this is a story about a Christmas wish. Tickets are $10 each or $32 for a four-pack.

Every Saturday and Sunday throughout the month of December, join John Cundell and his family for free horse-drawn carriage rides in the Byward Market from noon to 4 p.m.

And don't miss the official Illumination Ceremony on Parliament Hill Dec. 2 at 6 p.m. as hundreds of thousands of twinkling lights will light up the Capital.

JEN TRAPLIN

Family favourite

Pennsylvania Ballet to perform The Nutcracker at NAC

JEN TRAPLIN
FOR METRO

Whether you are young or just young at heart, George Ballachine's The Nutcracker is a timeless holiday tradition the whole family will enjoy.

Making its NAC debut, the Pennsylvania Ballet performs this unique interpretation of a cherished Christmas favourite at the National Arts Centre (53 Elgin St.) Dec. 1-4.

The Nutcracker tells the story of a young girl who is given a nutcracker for Christmas and, that night, takes a whimsical journey with her new gift in her dreams. Accompanied by the memorable score by famed Russian composer Pyotr Ilyich Tchaikovsky, The Nutcracker has been wowing audiences since it first premiered in St. Petersburg, Russia, in 1892.

On stage

- **What:** George Ballachine's The Nutcracker, performed by the Pennsylvania Ballet.
- **When:** Dec. 1 and 2 at 7 p.m. and Dec. 3 and 4 at 1:30 p.m. and 7 p.m.
- **Where:** National Arts Centre, Southam Hall (53 Elgin St.).
- **Tickets:** Starting at $52 through the NAC box office or Ticketmaster.

This interpretation features dozens of local children. Pennsylvania Ballet is also one of just a few ballet companies that use a hydraulic tree on stage that is controlled with the simple push of a button.

Pulling off a performance of this timeless classic requires an enormous amount of effort. For this presentation, 192 new costumes were made by the Royal National Theatre in London, England, and then shipped to the United States. The most elaborate costume is Mother Ginger's dress. It stands approximately eight feet tall and is roughly 12 feet wide, large enough to hide eight children underneath.

In order to make it easier to travel, most of the scenery in the production is actually painted fabric.

As for the glistening snowfall, it takes four crew members to create that illusion and more than 150 litres of flame-retardant paper confetti is used for the snow scene in each performance. After the show, the stagehands sweep it all up and it's reused in future shows.

As a nice warmup to this performance, there will be Christmas crafts, dress-up, treats for the kids, and more.

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Audiences will love ... I Hate Hamlet

TERESA CHIYKOWSKI
FOR METRO

When I Hate Hamlet, a play written by Paul Rudnick in 1991, takes to the Ottawa Little Theatre stage Nov. 29 to Dec. 11, theatre-goers are in for a treat.

"There's something for everyone," says veteran Director Sarah Hearn. "Humour, drama, romance, and even a good old-fashioned sword fight."

Set in an old apartment in New York City, once inhabited by legendary actor John Barrymore, I Hate Hamlet follows hot young television actor Andrew Rally as he struggles with taking on the dream role of Hamlet. When Rally is forced to play host to the ghost of Barrymore there is some question whether the advice-giving apparition will help or hinder the young actor's success.

The more Barrymore tries to convince Rally that he could be a talented actor the more Rally resists, culminating in a sword duel between the two at the end of Act 1.

To ensure the safety of the actors and the credibility of the actual duel, the actors have been working closely with fight coach John Brogan, co-owner of National Stage Combat Training Partners. An actor and coach, Brogan has trained an impressive list of performers, including some famous Hollywood actors.

What's most important to Brogan when he coaches? "Making the actors feel safe and confident in what they're doing is our primary goal. And that means designing a fight sequence that takes into account the actors' physicality and staying true to their interpretation of the character. If they're not comfortable, it simply won't work."

Word on the street is that I Hate Hamlet is hilariously funny.

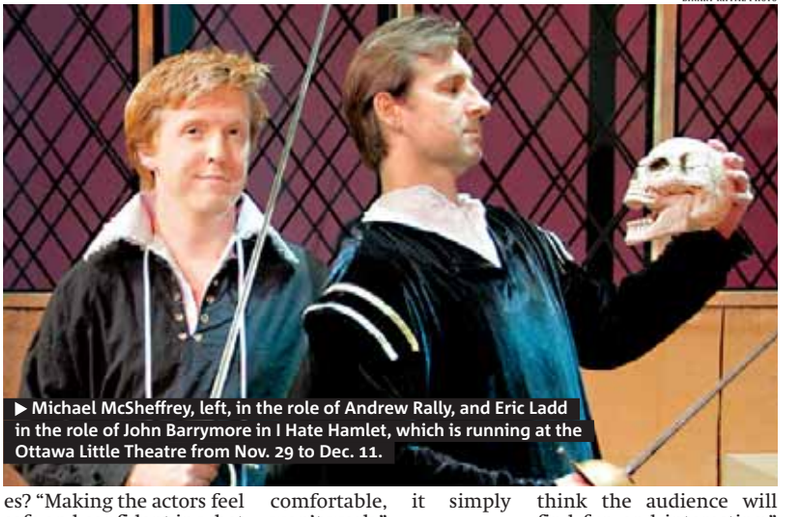
"It's definitely full of laughs," says Hearn.

"But it also presents Shakespeare in a different and modern way that I think the audience will find fun and interesting."

I Hate Hamlet runs from Nov. 29 to Dec. 11 (8 p.m.) at the Ottawa Little Theatre, 400 King Edward Ave. There is a matinee Dec. 11 at 2 p.m.

Call 613-233-8948, ext 1, for more information.

BINARY RHYME PHOTO



▶ Michael McSheffrey, left, in the role of Andrew Rally, and Eric Ladd in the role of John Barrymore in I Hate Hamlet, which is running at the Ottawa Little Theatre from Nov. 29 to Dec. 11.

Feist back in the spotlight with Metals

JEN TRAPLIN
FOR METRO

For the past year, Juno Award-winning musician Leslie Feist has been laying fairly low.

Until now.

The 35-year-old is coming back to Ottawa for a performance at the National Arts Centre Dec. 5 at 8 p.m.

Feist, who performs and records under her last name only, has been moving non-stop for nearly a decade, earning four Grammy nominations and six Juno Awards along the way.

She was also the recipient of the Shortlist Music Prize in 2007, an annual music award for the best album released in the United States that had sold fewer than 500,000 copies at the time of nomination.

After a whirlwind seven years, Feist decided it was time for a break. She put down her guitar and stopped touring.

Last fall, after a year away from the spotlight, she felt it was time to make music again.

The result is Metals, a 12-song album recorded in both Toronto and Big Sur, a gorgeous, mountainous region along the California coastline, with Feist's frequent collaborators Chilly Gonzales and Mocky, and producer Valgeir Sigurðsson.

Similar to her previous offerings, this album is a blend of raw emotions and sounds infused with that familiar, comforting folk/jazz feel. It includes duets with platinum selling recording artist Vanessa Carlton and Welsh singer/songwriter Marina Diamandis.

After touring Canada in support of Metals, Feist will perform a string of tour dates in Australia and New Zealand in the new year. Then she will head to Europe in March, playing in a new city almost every night.

It's a good thing she is coming off a year away from the spotlight because, with a touring schedule like that, Feist is going to need all the rest she can get.

ASSOCIATED PRESS FILE

▶ Feist

On stage

When: Dec. 5 at 8 p.m.

Where: National Arts Centre (53 Elgin St.)

Price: Starting at $50 through the NAC box office or TicketMaster.

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"*Some Kind Of Trouble*' finds Blunt in a delightfully upbeat frame of mind, capturing the talented tunesmith's newfound sense of spontaneity and excitement.
Specially priced at $13.99

The Sheepdogs - LIVE December 6th
RITUAL NIGHTCLUB - 8:00 p.m.
Fresh from realising the dream of every young rock band to be 'on the cover of the Rolling Stone', The Sheepdogs are coming home to Canada! '*Learn & Burn*' is a driving rock record destined to be a classic!
Specially priced at $13.99

Meaghan Smith - LIVE December 8th
BLACK SHEEP INN, WAKEFIELD Q.C. - 8:30 p.m.
"*It Snowed*' is the perfect album to put you in the holiday spirit this holiday season. Exquisitely crafted by one of Canada's new rising stars, '*It Snowed*' showcases Smith at her finest.
Specially priced at $13.99

The Jim Cuddy Band - LIVE February 9th
NATIONAL ARTS CENTRE - SOUTHAM HALL - 8:00 p.m.
"Skyscraper Soul" is a personal, magical journey. Most of the songs benefit from the spontaneity of having the musicians set up together and play live off the floor.Includes the incredibly beautiful first single "Everyone Watched The Wedding".
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Miracle creams:

Multi-talented or misleading?

It's no longer enough for makeup to perform one function Now it's more common for a foundation or concealer to do its job plus two or three more But are beauty brands luring in women with promises that a single product can't possibly deliver?

▶ The best of the bunch: Popular multi-taskers Lancôme Teint Rénergie Lift R.A.R.E., above, by Terry Hyaluronic; Face Glow, right; and Clinique Pore Refining Solutions Instant Perfector, far right.

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Makeup is a complicated affair. You have a zit that needs covering, but the concealer only makes the breakout worse. Or your pores are the size of golf balls, but the finely milled powder you splurged on just makes them look twice as big.

For the past year, science has been increasingly blurring the lines between makeup and skin care with products that address aging, sun protection, acne breakouts and redness, all in one shot. You know the products: a foundation that simultaneously covers flaws, evens skin tone and reduces signs of wrinkles, for example, or a concealer that blocks the sun, controls oil and clears up acne. But is the kill-three-skin-flaws-with-one-cream approach the best solution, or are single-use products still the best way to go?

"I'm a busy woman. There are going to be days when I can't put on everything..."
DR. DORIS DAY, DERMATOLOGIST

Mary Schook, a makeup artist and skin-care guru, is on the fence.

"I think it's kind of like those all-in-one shampoo-conditioners. You can use them, but you still get the best results by using a separate shampoo and separate conditioner," she says.

"A lot of these products that claim to block the sun's rays are not protecting the way they should. You're not getting a sunblock in a foundation unless it has both zinc and titanium dioxide. It has to be a chemical compound that blocks the sun's rays and it's hard to find that in a liquid foundation," she says.

Dermatologist Dr. Doris Day, meanwhile, thinks that multi-tasking products can work well as a supplement to a healthy skin-care regimen, but don't necessarily warrant throwing out your arsenal of face creams.

"I like multi-tasking products. Think of these makeup items as your bonus, not your main meal. I'm a busy woman. I have a husband, two kids and three jobs. There are going to be days when I can't put on everything all the time," she admits.

Celebrity makeup artist Talia Shobrook agrees that some makeup items that do triple-duty can be worth the investment.

"The foundations and powders that include acne-fighting ingredients, for instance, are great because that is a specific problem that can be treated quickly," she says.

"But I don't necessarily think that an anti-aging foundation is going to work very well. Anti-aging is not a quick fix. Those products are dipping into skin care, when it should just be separate altogether. Plus the anti-aging ingredients seem to make the makeup feel heavier on the skin," she says.

Ultimately, the real task is knowing what to look for.

"It's about finding the right ingredients," Schook says. Day adds, "You want to make sure the products don't combine ingredients that cancel each other out."

3 life

Style pick

Meet Amie

Italy-based designer Chrissie Morris is known for her towering, show-stopping Art Deco heels, but her foray into flats, Amie, a pieced together beauty made of leopard print ponyhair and sting ray, makes a strong case for staying closer to the ground. KENYA HUNT

CHRISSIE MORRIS

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Indigenous fashion makes a comeback with a contemporary twist on Mexican runways.

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metro

Getting in with the Mods

It's time for a '60s redux In homage to The Who's re-release of their seminal album Quadrophenia, we've created a Mod capsule collection

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

1

2

3

4

5

6

1 PAUL SMITH
The Abbey suit
$1,555 **paulsmith.co.uk**

2 TOPMAN
Borg parka
$180, **topman.com**

3 GRENSON
Archie shoes
$305, **my-wardrobe.com**

4 ASOS
Slim tie
$11, **asos.com**

5 MAISON MARTIN MARGIELA
11 helmet
$1090, **oki-ni.com**

6 PRETTY GREEN
Penny collar shirt
$150, **prettygreen.com**

Style pick

Turtle power
Beatlemania may be long dead and gone but the iconic turtleneck is having a third (or fourth?) wind. This cosy knit has been worn by everyone from Gauloises-smoking Warholian types to sharp-dressing Mods. The reason: it's chic and just a tad bit pretentious without the fuss. MWN

JOHN SMEDLEY
Belvoir roll neck, $260, mrporter.com

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THE KIT

Get her look:

SKIN
• Yaby Cream Foundation in Almond Butter; $9, yabycosmetics.com
• Face Atelier Ultra Foundation in Zero Plus, to sculpt cheekbones and jawline; $32, faceatelier.com

EYES
• Yaby eye shadows in Earth and Milk Chocolate; $3.15 each, yabycosmetics.com.
• L'Oréal Paris Voluminous Mascara; $11, lorealparis.ca

CHEEKS
Joe Fresh Cheek Tint in Berry; $4, joe.ca

LIPS
Revlon Super Lustrous Lipstick in SkyLine Pink; $10, revlon.com

DAN LIM/THE KIT

▶ Rookie Blue actress Enuka Okuma played The Kit's model for a day.

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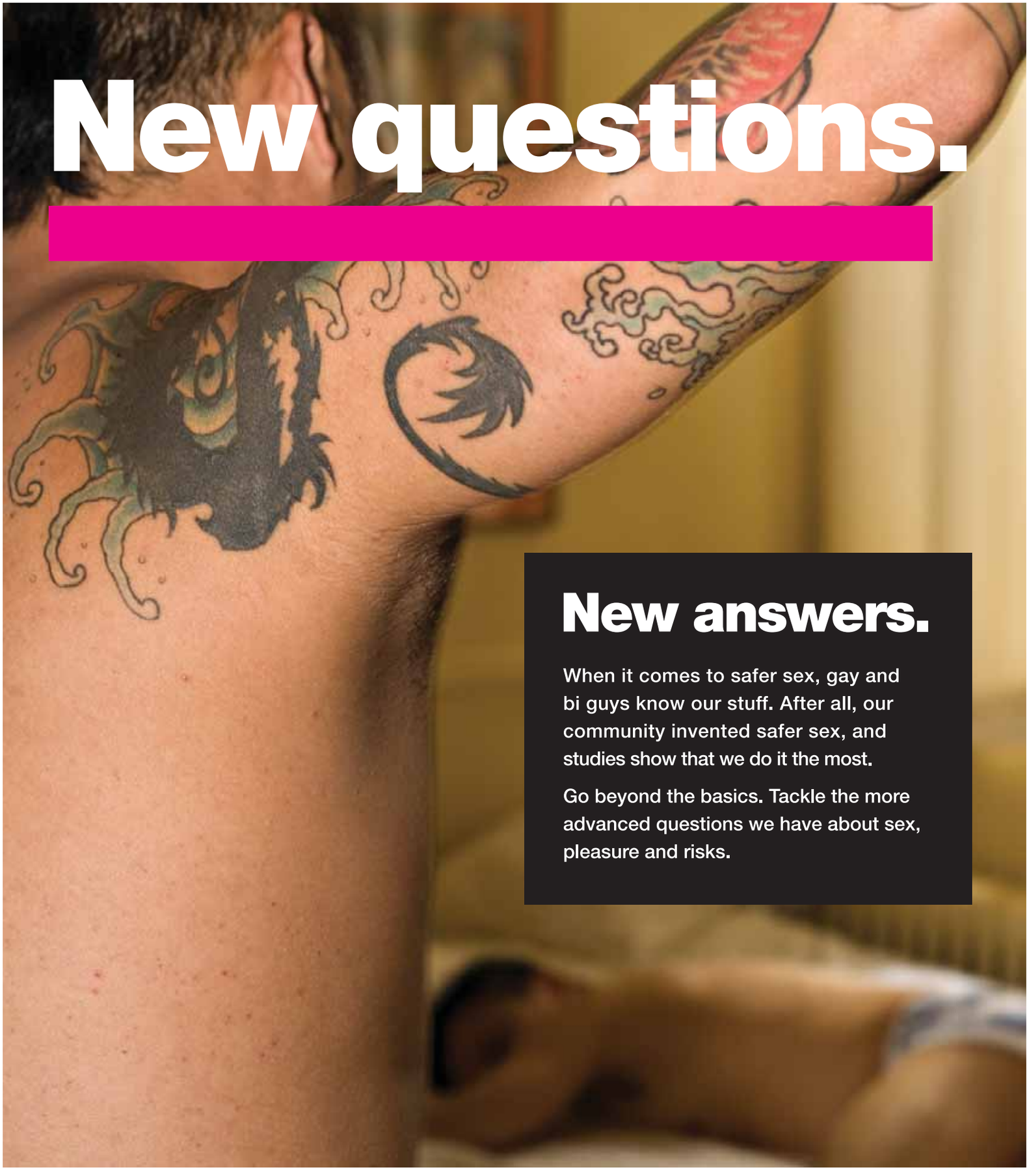
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Decorative pillows 101

Perfect for cushioning life's cold and difficult days, pillows are more than just pretty pieces of fabric

CONTRIBUTED

▶ Brightly coloured cushions can light up a drab room.

PIER 1

▶ Warning: Pillow fights may no longer be confined to the bedroom.

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Adding some new decorative pillows to the living or bedroom is an easy way to add colour, personality and comfort to your space.

Available in all price points and decor styles, a few new cushy friends are always a welcome change to a tired decor scheme.

Treat yourself this winter to a few of these comforting gems.

CRATE AND BARREL.

▶ Textured pillows dress up a sofa and offer ultimate comfort.

Sizes: The 18-inch square pillow is the standard choice for chairs or sofas; the 20- to 24-inch is great for beds; and the 12-x-18 (often referred to as the lumbar pillow) is a great friend to support your lower back when sitting on a tall, tight-back style seat.

Larger 24-inch square pillows are great supporters for sitting up in bed or for throwing on the floor as extra casual sitting.

Styles: Draw on colours and style inspiration from art, area rugs and other accessories in a room.

If mixing patterns, try to have curvy lined patterns like floral, paisley or circles mixed with straight lines like stripes, plaids and geometrics.

The difference in patterns creates a juxtaposition that will allow each pattern to stand out in the room.

If there is no colour or pattern in your room then choose lighter and darker versions of your monochromatic colour scheme for impact.

You can also go with textured fabrics to create subtle interest.

Knitted textures are very popular for winter, while heavy linen weaves are great for spring/summer.

Fills: Decorative pillows can look beautiful but if filled with the wrong insert, can be useless for comfort.

Foam and feather are the two basic fills for most cushions. Foam filled cushions tend to offer more support and keep their shape for some time.

Eventually, the foam will break down and the pillow will lose its shape.

Feather- and down-filled cushions are considered the most luxurious.

They squish down and mould to the body for subtle comfort and spring back nice and full when left alone.

Not great for support but look oh-so luxurious.

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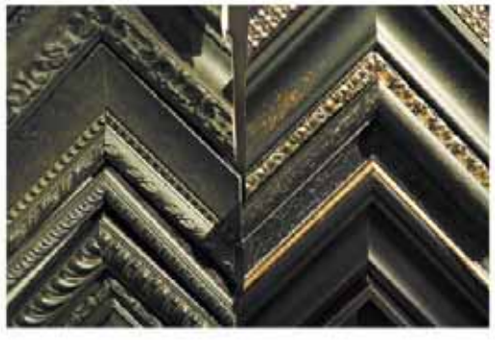
sans boutique pricing
Framing from conception to reality



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The ultimate Ikea challenge

The mass-market chain is turning our homes into generic showrooms So, to get you thinking outside the Ikea flatpack box, we enlisted the founder of the popular blog Ikea Hackers to personalize all that particle board

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

On hearing the name Ikea Hacker you're probably imagining some anti-establishment, covert cell tasked with bringing down the world's favourite Swedish homewares brand. Well perhaps not.

But I'm sure you, like me, have used some pretty extreme language to describe the store's infuriatingly cryptic instructions.

This, however, is not a sentiment shared by Mei Mei Yap, the founder of the popular site, Ikea Hackers, who goes by the pseudonym Jules.

"I think that they are one of the most fantastic pieces of communication. Not a word, just diagrams that people the world over follow," she says.

Or perhaps not, eh chaps? The 42-year-old's website is the perfect retreat for those D.I.Yers who want to ditch the Ikea rules and break away from a homogenized, Swedish-style, showroom home. And no, you don't have to be a D.I.Y whiz to Ikea hack, (or should that be H.I.Y?) but you will need to follow Jules' simple steps below.

BRUNO SCHULZ AND BAD KREUZNACH FROM GERMANY

1
Redesign the Melodi lamp

You'll need: One Melodi lamp and Staedtler permanent Lumocolor markers in one of the following sizes: S, F, B and M.

Getting started:
Wipe clean the lampshade and allow for drying time.

Use the permanent marker to write your favourite verses, poems or anything of your choice on the lampshade.

Fit lampshade onto light fixture, turn on and voilà.

JOANNA FROM POLAND

2
Trick out that Dombas wardrobe

You'll need:
A Dombas wardrobe, fabric, cotton ribbon and glue

Getting started:
Remove doors (or do not install doors). Cut fabric of your choice to size with enough to cover the sides of the doors. Cover the sides of the doors in glue.

Stick and tautly stretch the fabric across.

Allow drying time.

Trim any excess material.

Cover the sides with a matching ribbon for a tidy finish

TYPONERD FROM GERMANY

3
Re-work those Expedits

You'll need:
Two 2x2 Expedits, one Vika Amon tabletop, 4 Vika Curry table legs (only need top part), 4 Besta legs, draws and screws.

Getting started:
Assemble the Expedits. Screw them together with brackets. Screw the Vika Amon Curry legs to the tabletop (they come in two parts but only used the top). Drill screw-sized holes into the bottom of the Expedit. Buy drawers from Schwedenpunk to add colour.

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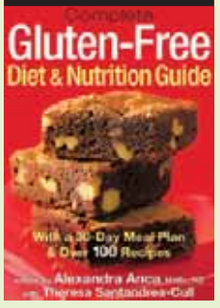

Today, a gluten-free lifestyle is not only for those with celiac disease.

People wanting to enjoy a healthier life are also cutting gluten out of their daily diet.

To help them, the Complete Gluten-Free Diet & Nutritional Guide by Alexandra Anca and Theresa Santandrea-Cull includes a 30-day meal plan and recipes such as Chocolate Hazelnut Biscotti, Chicken Pot Pie, Lasagna with Meat Sauce, Battered Fish and more.

Moist, decadent & gluten-free

These delicious Espresso Brownies replace white flour with brown rice flour

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Made with rich dark chocolate, a punch of espresso and rice flour, guests won't believe these thick and rich brownies are gluten-freen.

Ingredients:

- 500 ml (2 cups) good-quality dark chocolate, chopped
- 125 ml (1/2 cup) butter
- 30 ml (2 tbsp) instant espresso powder
- 2 eggs
- 250 ml (1 cup) packed brown sugar
- 250 ml (1 cup) cooked brown rice
- 50 ml (1/4 cup) brown rice flour
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) baking soda
- 10 ml (2 tsp) vanilla
- 125 ml (1/2 cup) chopped pecans or walnuts (optional)

Preparation:

1. Line 23-cm (9-inch) square baking pan with parchment and lightly oil bottom. In large microwave-safe measuring cup, melt chocolate, butter and 15 ml (1 tbsp) of espresso powder in microwave. Stir to combine; set aside.
2. In bowl, beat eggs on medium-high until frothy. Add brown sugar and beat until mix is smooth. Stir melted chocolate mix into egg-sugar mix little at a time. Beat well about 1 min.
3. In food processor, combine brown rice, rice flour, remaining espresso powder, salt and baking soda until well combined. Add rice mix into chocolate mix and beat well 1 min. Add vanilla, beat 1 min.
4. Fold in half of nuts, if using, and spread batter into prepared baking pan, smoothing top to even it out. Shake the pan a little to help even out the batter.
5. Bake in centre of 180 C (350 F) oven 30 mins. or until brownies are set. Brownies should be fudgy rather than dry and crumbly. Let cool completely on a wire rack. Cover and refrigerate to chill for at least 2 hours or up to 1 day before cutting into squares. EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/ RICE-INFO.COM

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Gluten-Free Espresso Brownies

▶ This recipe makes 24 brownies.

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SPECIAL INFORMATION FEATURE

Get an itch for this Beard

Muskoka Brewery Double Chocolate Cranberry Stout 'Winter Beard' is the kind of beer you will want to sit back and savour

JEFF O'REILLY
FOR METRO

Traditions are a funny thing. Someone has a good idea, people embrace it and, suddenly, it must be repeated.

As far as traditions go, the Movember fundraiser caught on surprisingly quickly with men all over the world.

When I grew my first "Mo" in support of raising awareness and funds for men's health issues three years ago I had recently lost my father to prostate cancer and there weren't a lot of us proudly showing off a new batch of upper lip growth.

But these days, when you walk into a bar, it's almost like you have travelled back in time to join a 1970s road trip with the Montreal Canadiens as the wildest assortment of facial hair can be seen on men of all ages.

Considering that most men have had a variation of the same hairstyle for the last decade this is a pretty big deal, but many of us welcome a break to the daily shaving routine.

And knowing what Mother Nature has in store for us, December will undoubtedly see many of us sporting new winter beards.

JEFF O'REILLY/FOR METRO

▶ Twins Lee and Bre display a Muskoka Winter Beard at the recent Ottawa Wine & Food Show.

Last year, when Muskoka Brewery boldly ventured off the beaten path and released a new winter seasonal beer a lot of people agreed that it, too, should make a regular appearance.

In fact, RateBeer.com (a website dedicated to sampling and rating every beer its dedicated followers can get their hands on) named it "The No. 1 New Beer Release of November 2010," giving it an overall score of 94 — one of the site's highest ever ratings its users have given to date.

It soon became obvious that we could expect to mark our calendars with an annual release.

Muskoka's Double Chocolate Cranberry Stout "Winter Beard" (eight per cent alcohol by volume, $10.95, 750 ml available at the LCBO and the Beer Store) is presented with a new logo in the familiar tall swing-top bottle and pours a deep, garnet-hued walnut colour with mocha tan foam head into a stemmed tulip pint glass.

The nose is full of roasted malts, cocoa and fruit sweetness as flavours of bittersweet dark chocolate, cocoa, and coffee like dark roasted malts are met with crisp tangy cranberry, vanilla and slightly nutty earthy malts.

The beer is rich, smooth and evenly balanced with a slightly creamy mouth feel and a subtle lingering cheek warming alcohol finish. It is the kind of beer you will want to sit back and savour — it will put a smile on your face.

Movember

Canada raised $22.3 million for Movember last year, more than any other country in the world. For more information or to make a donation, go to ca.movember.com.

Scavenger hunt raises $1,500 for food bank

The second annual Ottawa Foodie Challenge was held this past Sunday with much success.

"It went great," said organizer Carolyn Lacasse. The event was a fundraiser for the Ottawa Food Bank that took 60 Ottawans in teams of two around the city to try the best and most secretive foodie haunts on a photo scavenger hunt. They were awarded points based on originality and degree of difficulty.

"Normally, you're not going to get a chef out to chat, let alone get them to high-five you in their kitchen," said Lacasse.

Inspired by a food blogger in New York City, Lacasse came up with the 41 tasks, like finding lychee fruit out of season, then juggling them.

Other tasks were playful, like waiting in line at the Manx with a disapproving face for the perfect brunch, or holding a live crab.

Lacasse's favourite photo was of people bench-pressing a $75 jar of Nutella in La Bottega. "People really got into character; it was hilarious," she said.

There were opening and closing ceremonies that created camaraderie between participants.

Supporting restaurants included Side Door, Burnt Butter, Play, and Thyme & Again, which donated prizes.

The Ottawa Foodie Challenge Photo Scavenger Hunt raised $1,500 for the Ottawa Food Bank.

Photos will be posted on the website ottawa foodiechallenge.com.

SAMANTHA EVERTS

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Taste buds abuzz at Rose Bowl relaunch

Chophouse & Lounge unveils 'modern' look Executive chef Jordan Forester has created an innovative menu

SAMANTHA EVERTS
FOR METRO

SAMANTHA EVERTS/FOR METRO

▶ Owner Danny Skaff and executive chef Jordan Forester at the relaunch of the Rose Bowl Chophouse & Lounge. The restaurant is located at 1717 Carling Ave.

Gone are the stuffy neckties and dated décor; new is the swanky lounge space and cocktail bar that will have urbanites driving out to the west end to try executive chef Jordan Forester's food at the Rose Bowl Chophouse & Lounge.

After 35 years of the same old, "We modernized it to accommodate both crowds," says co-owner Ronnie Skaff, adding that the biggest challenge was trying to let the younger crowd know they have "switched." Based on the packed parking lot, they know.

The contemporary restaurant was abuzz with elegantly dressed women and handsomely suited men enjoying the tasting menu that included tender pulled pork sliders, lobster and smoked pork stuffed wontons with pumpkin-cilantro dip, decadent white chocolate truffles with blackberries, fresh P.E.I. mussels in a white wine sauce, and a warm goat cheese stuffed doughnut with candied cherries. They sat in sleek leather booths under modern chandeliers as the professional wait staff served them.

Forester proudly watched visitors and graciously thanked them for their overwhelming compliments.

"We've already been 17 times," said one guest as she reached for a giant sustainably sourced prawn with house-made horseradish.

Forester has become a "Chef Gordon Ramsay" of sort for his ability to rescue and retrain chefs across the city to the highest of standards. With his expertise has come a remodelling of the tired menu.

"We've definitely noticed that it's been picking up."

He says all of the cuisine is based on classical French cooking and uses only the best organic Canadian meats (reflected in the Ontario rack of lamb entrée for $44).

And he has created an innovative steakhouse menu. "For dinner, my favourite would probably be the pheasant breast stuffed with house-smoked duck."

A separate lunch menu will be available daily; Forester fancies the wild game burger with fresh homemade cheese.

Relaunch

- Jordan Forester, top chef of Ottawa, relaunches Rose Bowl Chophouse & Lounge with innovative menu.
- New cocktail lounge hangout in west end of city.
- Located at 1717 Carling Ave. Phone: 613-729-4000.

Local twist on traditional pecorino

CURD ON THE STREET

I have been called fanatical about artisan cheese. More than once.

I am especially passionate about our hard-working, creative and talented local artisan cheesemakers. Thus, this week's cheese pick — Pecorino Classico from Canreg Station Farm & Pasture Dairy, in Finch, Ont.

Styled after one of Italy's oldest cheeses (and hundreds of varieties), the name means "little sheep."

Josef Regli's adaptation is a table pecorino that farmers produce for their own consumption.

Pecorino Classico is a firm, raw, pressed and cooked sheep's milk cheese. Naturally aged for a minimum of two months (better at four to eight months), it has a velvety interior with a striking dark, charcoal coloured exterior due to being rubbed with virgin olive oil. This acts as a protectant, keeps the cheese from drying out, helps manage moulds, and adds distinct flavour.

Flavours are milky, fruity and sweet, fully coating the palate, with a building earthiness closer to the rind.

Find Josef Regli Saturdays on the east side of the Byward Market Square for the winter season.

VANESSA SIMMONS
FOR MORE, SEE SAVVYCOMPANY.CA

Slice of info

- Most pecorinos from the Toscana region of Italy are D.O.P. cheeses (Denominazione di Origine Protetta), a mark of distinction and quality.

VANESSA SIMMONS/FOR METRO

▶ Pecorino Classico from Canreg Station Farm & Pasture Dairy in Finch, Ont.

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Tiger and ex-caddie set to face off

The Presidents Cup wasted no time delivering the match everyone was talking about — Tiger Woods against ex-caddie Steve Williams in the opening session at Royal Melbourne.

U.S. captain Fred Couples and International captain Greg Norman, hopeful of putting an end to a three-month soap opera involving Woods and Williams, put them together in the last of six foursomes matches today.

"I think it's great for the tournament," Norman said. "It needed to be done."

Lest anyone forget, Williams will be carrying the bag of Adam Scott.

On paper it will be Woods and Steve Stricker.

For sheer drama, it's more about Woods and Williams.

It will be the first time they have been in the same group since Woods officially fired him in late July.

The acrimonious split became evident when Scott won the Bridgestone Invitational, and Williams allowed himself to be interviewed on the 18th green and called it "the best win of my life." This from a caddie who was with Woods for 13 of his majors.

While getting roasted in Shanghai two weeks ago at a caddies party, Williams was asked about the interview while accepting his mock "Celebration of the Year" award and said, "It was my aim to shove it up his black (expletive)."

THE ASSOCIATED PRESS

Carkner's return may leave Lee in the lurch

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA

When it comes to an NHL defence corps, eight is more than enough.

That's the situation the Ottawa Senators will be facing when rugged blue-liner Matt Carkner, who has undergone two knee surgeries in the past six months, returns to action in two to three weeks time. The question is: what does the club do about the excess of bodies? Unless injuries arise, someone will be out of an NHL gig, at least temporarily.

The most likely candidates for departure are Brian Lee and rookie David Rundblad. The smart money is on Lee, especially after coach Paul MacLean said last week that "at this point in time David Rundblad is the better player."

A first-round pick in 2005 by ex-GM John Muckler, Lee, 24, hasn't developed as expected during Bryan Murray's tenure, playing only 140 games in four-plus seasons. He has been a loyal foot soldier who doesn't complain, despite being scratched 26 consecutive times at one point last year and 11 of 19 this season. Lee would be a low risk pick-up for a club seeking a depth defenceman. The soon-to-be restricted free agent is in the last year of a contract that pays $925,000.

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

▶ Defenceman Brian Lee will likely be the odd-man out when Matt Carkner returns to the Ottawa blue-line.

The only scenario that may see Lee remain in Ottawa a while longer is if the Senators decide Rundblad, 21, requires time in Binghamton to develop his game. Rundblad is still having difficulty adapting to the smaller North American ice surface. While the young Swede shows flashes of brilliance offensively, he has been guilty of tentative play, surrendering the puck too easily to attacking forwards. Another Swede, Erik Karlsson, spent a month in the AHL during his freshman season, returned a more confident player and has continued to improve.

The fact is, whatever decision is made, Carkner's return is eagerly anticipated. The Senators have allowed the most goals in the NHL and sorely miss the 6-foot-4, 237-pound behemoth's ability to clear the front of the net. Only Jared Cowen has been consistent in that department. The 6-foot-5 Cowen leads all rookies and is second among defencemen league-wide with 47 hits.

As much as Karlsson, Sergei Gonchar and Filip Kuba contribute offensively, none possesses Carkner's physical menace.

A potential blue-line duo of Carkner and Cowen would give the Senators significant growl and perhaps their most intimidating back-line presence since the days of — dare we say it — Zdeno Chara.

4 sports

Quoted

"He's keeping everyone in the dark, just like he's keeping you guys (reporters) in the dark."

PITTSBURGH CENTRE JORDAN STAAL ON SIDNEY CROSBY. DESPITE INCREASING SPECULATION THAT THE NHL'S BIGGEST STAR IS NEARING A RETURN FROM HIS 10-MONTH CONCUSSION LAYOFF, THE PENGUINS RULED CROSBY OUT OF TONIGHTS GAME AT TAMPA BAY. CROSBY LAST SPOKE TO REPORTERS ON NOV. 7. SINCE THEN, THE PENGUINS HAVE SAID HE WILL RESUME TALKING ONLY WHEN THERE IS A CHANGE IN HIS STATUS.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	18	11	4	1	2	57	43	25	6-1-1-0	5-3-0-2	7-2-0-1	W1
d-Buffalo	17	11	6	0	0	52	42	22	5-4-0-0	6-2-0-0	6-4-0-0	W1
d-Washington	16	10	5	0	1	56	45	21	6-1-0-1	4-4-0-0	4-5-0-1	L2
NY Rangers	16	10	3	1	2	47	33	23	5-1-0-1	5-2-1-1	8-1-0-1	W7
Philadelphia	17	10	4	2	1	67	51	23	4-3-1-1	6-1-1-0	6-2-1-1	W2
Toronto	18	10	6	1	1	53	61	22	5-3-1-1	5-3-0-0	5-4-0-1	L2
Florida	17	9	5	0	3	52	42	21	2-2-0-3	7-3-0-0	5-2-0-3	W1
Ottawa	19	9	9	0	1	56	66	19	5-4-0-1	4-5-0-0	5-4-0-1	W2
Boston	16	9	7	0	0	56	38	18	7-5-0-0	2-2-0-0	7-3-0-0	W6
Tampa Bay	17	8	7	0	2	48	55	18	5-1-0-0	3-6-0-2	6-4-0-0	L2
New Jersey	16	8	7	0	1	40	45	17	4-3-0-1	4-4-0-0	5-5-0-0	L1
Montreal	17	7	7	1	2	42	45	17	2-4-1-2	5-3-0-0	6-2-1-1	L1
Winnipeg	18	6	9	2	1	48	60	15	3-3-0-0	3-6-2-1	4-4-2-0	W1
Carolina	18	6	9	2	1	46	63	15	4-4-0-1	2-5-2-0	3-6-0-1	L1
NY Islanders	15	4	8	2	1	31	47	11	4-4-1-0	0-4-1-1	1-6-2-1	L4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	18	11	4	1	2	62	52	25	7-1-0-2	4-3-1-0	6-3-1-0	W3
d-Minnesota	18	10	5	2	1	43	38	23	5-2-1-0	5-3-1-1	8-2-0-0	W2
d-Dallas	17	11	6	0	0	48	47	22	6-2-0-0	5-4-0-0	5-5-0-0	L3
Phoenix	16	9	4	1	2	46	41	21	4-3-1-1	5-1-0-1	7-1-1-1	W2
Nashville	17	9	5	2	1	46	43	21	3-2-1-1	6-3-1-0	6-2-2-0	W1
Edmonton	17	9	6	0	2	39	38	20	5-1-0-1	4-5-0-1	6-4-0-0	L3
San Jose	15	9	5	1	0	44	39	19	4-3-1-0	5-2-0-0	7-2-1-0	L1
Detroit	16	9	6	1	0	43	35	19	7-2-1-0	2-4-0-0	4-5-1-0	L1
St. Louis	17	9	7	0	1	42	39	19	6-1-0-1	3-6-0-0	6-3-0-1	W2
Los Angeles	17	8	6	1	2	41	40	19	5-4-0-1	3-2-1-1	3-5-1-1	W1
Vancouver	18	9	8	0	1	55	51	19	4-2-0-1	5-6-0-0	5-5-0-0	W1
Colorado	18	8	9	1	0	52	60	17	2-6-0-0	6-3-1-0	2-7-1-0	L2
Calgary	17	7	9	1	0	36	45	15	3-5-1-0	4-4-0-0	5-5-0-0	L1
Anaheim	17	6	8	1	2	35	51	15	4-4-0-0	2-4-1-2	2-5-1-2	L1
Columbus	17	3	13	0	1	38	64	7	3-6-0-1	0-7-0-0	3-7-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Carolina at Montreal
New Jersey at Buffalo
Chicago at Vancouver
Anaheim at Los Angeles
Tuesday's results
Ottawa 3 Calgary 1
Phoenix 3 Toronto 2 (SO)
Boston 4 New Jersey 3
Florida 6 Dallas 0
Minnesota 4 Columbus 2
Nashville 3 Washington 1
N.Y. Rangers 4 N.Y. Islanders 2
Pittsburgh 6 Colorado 3
St. Louis 2 Detroit 1
Tonight's games
Columbus at Boston, 7 p.m.
Montreal at N.Y. Islanders, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
Pittsburgh at Tampa Bay, 7:30 p.m.
Florida at St. Louis, 8 p.m.
Toronto at Nashville, 8 p.m.
Colorado at Minnesota, 8 p.m.
Washington at Winnipeg, 8:30 p.m.
Ottawa at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.
Detroit at San Jose, 10:30 p.m.
Tomorrow's games
Buffalo at Carolina, 7 p.m.
Dallas at Colorado, 9 p.m.
Chicago at Calgary, 9 p.m.
Saturday's games
Philadelphia at Winnipeg, 3 p.m.
Detroit at Los Angeles, 4 p.m.
Phoenix at Buffalo, 7 p.m.
Washington at Toronto, 7 p.m.
N.Y. Rangers at Montreal, 7 p.m.
Boston at N.Y. Islanders, 7 p.m.
New Jersey at Tampa Bay, 7 p.m.
Pittsburgh at Florida, 7:30 p.m.
Columbus at Nashville, 8 p.m.
St. Louis at Minnesota, 8 p.m.
San Jose at Dallas, 8 p.m.
Chicago at Edmonton, 10 p.m.

TUESDAY

COYOTES 3, MAPLE LEAFS 2 (SO)

First Period
1. Phoenix, Doan 5 (Boedker) 1:54
2. Phoenix, Ekman-Larsson 4 (Chipchura, Torres) 5:18
Penalty — Ekman-Larsson Phx (boarding) 13:19.
Second Period
No Scoring.
Penalty — Lupul Tor (goaltender interference) 10:53.
Third Period
3. Toronto, Komisarek 1 (Lombardi, Crabb) 2:08
4. Toronto, Kessel 13 (Kulemin, Gunnarsson) 4:41 (pp)
Penalties — Hanzal Phx (cross-checking) 3:14, Lupul Tor (hooking) 14:29.
Overtime
No Scoring.
Penalties — None.
Shootout
(Phoenix wins 2-0
Toronto (0) — Kessel, miss; Kulemin, miss;
Phoenix (2) — O'Sullivan, goal; Vrbata, goal.

Shots on goal

Phoenix	10	13	7	5	—35
Toronto	12	9	11	5	—37

Goal — Phoenix: Smith (W,8-2-3); Toronto: Scrivens (SOL,2-2-1).
Power plays (goals-chances) — Phoenix: 0-2; Toronto: 1-2.
Referees — Brian Pochmara, Tim Peel. **Linesmen** — Scott Driscoll, Michel Cormier.
Attendance — 19,522 (18,819) at Toronto.

SENATORS 3, FLAMES 1

First Period — No Scoring.
Penalties — Giordano Cal (slashing) 5:14, Smith Ott (boarding) 19:33.
Second Period
1. Ottawa, Alfredsson 5 (Foligno) 18:44
2. Calgary, Kostopoulos 2 (Stajan) 19:46
Penalties — Konopka Ott, Kostopoulos Cal (fighting) 3:03, Winchester Ott (holding stick) 3:17, Condra Ott (slashing) 4:13, Horak Cal (holding) 6:29, Lee Ott (interference) 8:56.
Third Period
3. Ottawa, Butler 1 (Gonchar, Phillips) 9:50
4. Ottawa, Butler 2 (Winchester, Karlsson) 16:12
Penalties — Karlsson Ott (hooking) 0:39, Hannan Cal (hooking) 3:02, Butler Cal (delay of game) 11:06, Smith Ott (slashing) 19:09.
Shots on goal

Ottawa	14	9	9	—32
Calgary	11	17	11	—39

Goal — Ottawa: Anderson (W,8-6-1); Calgary: Kiprusoff (L,7-7-0). **Power plays (goals-chances)** — Ottawa: 0-4; Calgary: 0-6.
Attendance — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Kessel, Tor	13	12	25
Giroux, Pha	11	11	22
Vanek, Buf	11	11	22
D.Sedin, Vcr	6	16	22
Kopitar, LA	8	13	21
Pominville, Buf	7	14	21
Neal, Pgh	12	8	20
Seguin, Bos	11	9	20
Versteeg, Fla	9	11	20
H.Sedin, Vcr	6	14	20
Backstrom, Wash	5	15	20
Lupul, Tor	9	10	19
P.Kane, Chi	6	13	19
Benn, Dal	5	14	19
Stamkos, TB	11	7	18
Ma.Hossa, Chi	8	10	18
Skinner, Car	7	11	18
Smyth, Edm	10	7	17
Eriksson, Dal	9	8	17
Pavelski, SJ	9	8	17
T.Fleischmann, Fla	7	10	17
Jagr, Pha	6	11	17
Spezza, Ott	6	11	17
P.Sharp, Chi	5	12	17
Campbell, Fla	1	16	17
Karlsson, Ott	1	16	17
Michalek, Ott	11	5	16
Franzen, Det	9	7	16
M.Bergeron, TB	3	13	16
Edler, Vcr	3	13	16
Letang, Pgh	2	14	16
Gaborik, NYR	9	6	15
Toews, Chi	9	6	15
Tavares, NYI	8	7	15

Last night's games not included

CFL PLAYOFFS

DIVISION FINALS

Sunday's games
All times Eastern
EAST
Hamilton at Winnipeg, 1 p.m.
WEST
Edmonton at B.C., 4:30 p.m.

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
East vs. West champion, 6:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	259	200
N.Y. Jets	5	4	0	.556	215	200
Buffalo	5	4	0	.556	229	218
Miami	2	7	0	.222	158	178

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	3	0	.700	273	166
Tennessee	5	4	0	.556	186	172
Jacksonville	3	6	0	.333	115	166
Indianapolis	0	10	0	.000	131	300

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	7	3	0	.700	220	179
Baltimore	6	3	0	.667	225	152
Cincinnati	6	3	0	.667	212	164
Cleveland	3	6	0	.333	131	183

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	208	233
San Diego	4	5	0	.444	216	228
Denver	4	5	0	.444	188	234
Kansas City	4	5	0	.444	141	218

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	218	211
Dallas	5	4	0	.556	223	182
Philadelphia	3	6	0	.333	220	203
Washington	3	6	0	.333	136	178

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	5	4	0	.556	212	196
Tampa Bay	4	5	0	.444	156	233
Carolina	2	7	0	.222	190	237

NORTH

	W	L	T	Pct	PF	PA
Green Bay	9	0	0	1.000	320	186
Detroit	6	3	0	.667	252	184
Chicago	6	3	0	.667	237	187
Minnesota	2	7	0	.222	179	244

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	1	0	.889	233	138
Seattle	3	6	0	.333	144	202
Arizona	3	6	0	.333	183	213
St. Louis	2	7	0	.222	113	223

Monday's result
Green Bay 45 Minnesota 7
WEEK 11
Byes: Houston, Indianapolis, New Orleans, Pittsburgh
Tonight's game
All times Eastern
N.Y. Jets at Denver, 8:20 p.m.
Sunday's games
Tampa Bay at Green Bay, 1 p.m.
Oakland at Minnesota, 1 p.m.
Carolina at Detroit, 1 p.m.
Dallas at Washington, 1 p.m.
Jacksonville at Cleveland, 1 p.m.
Cincinnati at Baltimore, 1 p.m.
Buffalo at Miami, 1 p.m.
Arizona at San Francisco, 4:05 p.m.
Seattle at St. Louis, 4:05 p.m.
San Diego at Chicago, 4:15 p.m.
Tennessee at Atlanta, 4:15 p.m.
Philadelphia at N.Y. Giants, 8:20 p.m.
Monday's game
Kansas City at New England, 8:30 p.m.

HOCKEY

CHL/RUSSIA SUPER SERIES

Last night's result
At Regina
All times Eastern
Russia vs. WHL
Monday's result
At Sault Ste. Marie, Ont.
OHL 6 Russia 3
Tonight's game
At Moose Jaw, Sask.
Russia vs. WHL, 8 p.m.

AHL

Last night's results
Worcester at Springfield
Syracuse at Rochester
Oklahoma City at Rockford
Tonight's game
Peoria at Lake Erie, 7 p.m.

CURLING

CANADIAN MIXED CURLING CHAMPIONSHIP

At Sudbury, Ont.

Province (Skip)	W	L
Alberta (Balderston)	9	1
New Brunswick (Robichaud)	7	3
Quebec (Ferland)	7	3
Saskatchewan (Ackerman)	7	3
Ontario (Homan)	7	3
Northern Ont. (Assad)	7	4
Manitoba (Grassie)	7	4
B.C. (Marshall)	5	5
N.W.T. (Moss)	5	5
P.E.I. (Gallant)	5	5
Nova Scotia (Sutherland)	2	7
N.L. (Alcock)	1	9
Nunavut (Sattelberger)	1	9
Yukon (Hamilton)	0	10

Yesterday's results
Draw 13
Northern Ontario 9 Manitoba 6
Northwest Territories 8 Newfoundland and Labrador 6
Nunavut 9 Yukon 5
Ontario 7 Nova Scotia 3
Quebec 11 British Columbia 2
Draw 14
Alberta 8 British Columbia 3
Manitoba 8 Yukon 5
Northern Ontario 7 New Brunswick 5
P.E.I. 9 Nunavut 2
Saskatchewan 10 Northwest Territories 4
Draw 15
New Brunswick vs. Nova Scotia; Alberta vs. Ontario; Newfoundland and Labrador vs. Yukon; P.E.I. vs. Quebec; British Columbia vs. Saskatchewan.

FOOTBALL

CIS PLAYOFFS

Tomorrow's games
All times Eastern

UTECK BOWL

At Moncton, N.B.
McMaster vs. Acadia, 6:30 p.m.

MITCHELL BOWL

Laval at Calgary, 9:30 p.m.
Friday, Nov. 25

VANIER CUP

At Vancouver
Uteck vs. Mitchell Bowl winners, 9 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

LOS ANGELES ANGELS—Promoted Justin Hollander to director of baseball operations.
MINNESOTA TWINS—Agreed to terms with INF Jamey Carroll on a two-year contract.
TORONTO BLUE JAYS—Claimed RHP Cole Kimball off waivers from Washington (NL).

NATIONAL LEAGUE

ATLANTA BRAVES—Purchased the contracts of RHP Jaye Chapman and RHP J.J. Hoover from Gwinnett (IL) and LHP Luis Avilan from Mississippi (SL).
HOUSTON ASTROS—Announced C Carlos Corporan cleared waivers and was sent outright Oklahoma City (PCL).
NEW YORK METS—Announced OF Nick Evans refused an outright assignment to Buffalo (IL) and elected to become a free agent.
ST. LOUIS CARDINALS—Named Mike Aldrete bench coach Chris Maloney first base coach.
WASHINGTON NATIONALS—Sent OF Corey Brown outright to Syracuse (IL).

NFL

ARIZONA CARDINALS—Signed TE Steve Skelton to the practice squad. Released WR Isaiah Williams from the practice squad.
CAROLINA PANTHERS—Placed RB Mike Goodson on injured reserve.
CHICAGO BEARS—Signed S Winston Venable. Placed S Anthony Walters on injured reserve.
CINCINNATI BENGALS—Signed CB John Bowie to the practice squad.
DETROIT LIONS—Signed P Ben Graham. Released P Robert Malone. Signed DE Ugo Chinasa to the practice squad.
MINNESOTA VIKINGS—Signed CB Benny Sapp. Placed CB Antoine Winfield on injured reserve.
SAN DIEGO CHARGERS—Placed G Kris Dielman on injured reserve. Signed OL Ikechuku Ndukwe.

NHL

LEAGUE OFFICE — Suspended St. Louis F Chris Stewart three games for shoving Detroit D Niklas Kronwall from behind and into the boards during a Nov. 15 game in St. Louis.
BUFFALO SABRES—Recalled F Corey Tropp from Rochester (AHL).
MINNESOTA WILD—Reassigned C Casey Wellman to Houston (AHL).

AHL

CONNECTICUT WHALE—Signed F Aaron Voros to a professional tryout agreement.

ECHL

ELMIRA JACKALS—Announced D Mike Ratchuk was loaned to Syracuse (AHL).

CHL

QUAD CITY MALLARDS—Signed D Taylor Vichorek.
RAPID CITY RUSH—Signed F Sean Wiles.

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Canadian men take next step toward 2014 World Cup

Journey continues June 8 in Cuba before hosting Honduras on June 12

Canada can now start planning for the next round of its World Cup qualifying journey: Six matches in just over four months starting with a potentially steamy date in Cuba next June.

The Canadian men have fallen at this stage in four of the last six qualifying campaigns in CONCACAF, which covers North and Central America and the Caribbean.

There are 12 teams remaining: Canada and the five other pool winners from the second qualifying round have been joined by the region's six top-ranked teams, as of the March 2011 FIFA ratings.

Canada, ranked 83rd in the world, has been drawn in Group C along with No. 53 Panama, No. 57 Honduras, and No. 100 Cuba.

The top two in each pool advance to the final round in the region. That means the Canadians, should they progress, have a minimum of 16 matches ahead in the road to Brazil.

The next part of the journey starts June 8 in Cuba before Canada hosts Honduras on June 12. The Canadians will meet Panama home and away on Sept. 7 and 11. They wrap up the round Oct. 12 at home to Cuba and Oct. 16 in Honduras.

While Canada has to start on the road, it plays three of the next four games at home before finishing off in Honduras. The goal will be to pick up points at home and lock up a top-two spot before the Honduras finale.

The Canadian Soccer Association says Canadian venues are expected to be announced in the new year.

Canada failed to advance to the final round of qualifying for the 2010 World Cup in South Africa, going 0-4-2 in a tough group that featured Mexico, Honduras and Jamaica.

Canada's only trip to the World Cup finals was in 1986. THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Canada's Tosaint Ricketts, left, with Dwayne DeRosario.

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NAVAN ARTS AND CRAFT GROUP
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November 19-20
10 AM to 4 PM
1485 Colonial Rd.
Free Admission & Parking
Door Prizes and Bake Sale
Donations for the Orleans-Cumberland Community Resource Centre Christmas Program
www.navanartscraftsgroup.ca

Fitness

Community Events

Please join us for
Breast Cancer Action' s Home for the Holidays GALA & AUCTION
Friday, November 18, 2011
Reception 6:00 pm, Dinner 7:00 pm
Sala San Marco, 215 Preston Street
Tickets $100.00
$700 for a table of 8
TICKETS STILL AVAILABLE
613-736-5921
MC for the evening: TL Radar
Auctioneer: Dave Brown
Entertainment: Dancing with TLC
Band: Espresso
Portraits by: Jean Labelle
Breast Cancer Action

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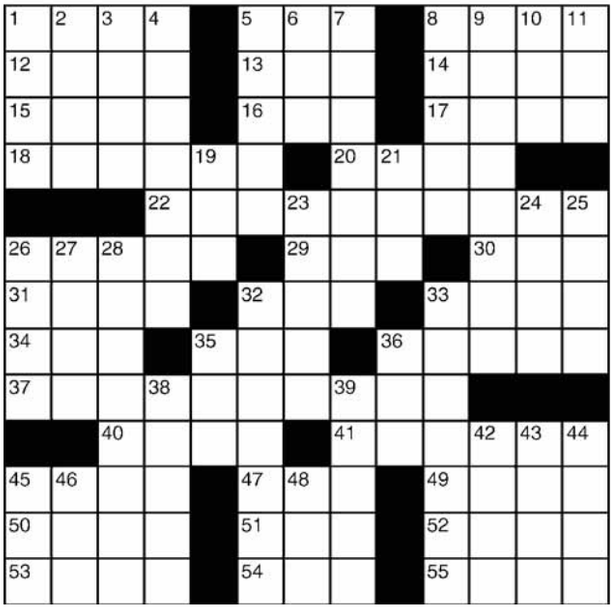
Crossword



Across

1 Arp's style
5 Dowel
8 Medal earner
12 Memo acronym
13 Motorists' org.
14 "Once — a time, ..."
15 Passenger's payment
16 "— Impossible"
17 Teeny amount
18 Activate, as a TV set
20 Reveille's opposite
22 Quake follow-up
26 Characteristic
29 Spot on a die
30 Buck's mate
31 Legacy recipient
32 Sleepy companion?
33 Green acres
34 Always, in verse
35 Pen name
36 Do very well
37 Cologne's cousin
40 Mosque VIP
41 Day spa treatment
45 For this reason
47 "— not choose to run"
49 Incite
50 Thai money
51 Round Table address
52 "Piggies"
53 Memory measure
54 Witness
55 Conclusions

Down

1 Crazy
2 Birthright barterer
3 Singer Vikki
4 Outdoor
5 Emulate Rembrandt
6 Chow down
7 Stomach-related
8 Contemptuous snort
9 Serialized
10 Deteriorate
11 Individual
19 Frequently, in verse
21 Cleo's slayer
23 Geological time
24 Heart
25 Nautical stabilizer
26 "Take — Train"
27 Coral structure
28 Unbreakable, as an alibi
32 Send packing
33 Do
35 Underwear with underwire
36 Longoria or Mendes
38 Overact
39 Earlier
42 Press
43 On in years
44 Not as much
45 Recede
46 Comic Romano
48 Conk out

▶ Yesterday's answer

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

	9	2	4					5
				8	1		9	4
	7	1						
		8		9				3
	2						1	
6				5		8		
						4	7	
5	1		9	3				
9					6	3	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	7	5	2	9	6	1	3	8
2	9	8	4	1	3	7	6	5
1	3	6	5	7	8	4	2	9
3	4	7	8	6	5	2	9	1
8	1	2	7	3	9	5	4	6
6	5	9	1	2	4	3	8	7
7	2	4	9	8	1	6	5	3
9	6	1	3	5	2	8	7	4
5	8	3	6	4	7	9	1	2

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MOCHICHO*, You are the sweetest, most caring and loving man I've ever known. I am so greatful that we met and I can't wait until the day that I can call you my husband. i love you with all heart* **MAGENTAGALAXY

My Adonis, When you feel the void of my absence, you will be a distant, bitter-sweet memory. When you come to the realization of what you've lost, I only want you to remember this: I told you so. **YOUR CURSE**

8-Min-Older-Twin, Thought I'd return a kiss. My friend (the 'good sport' who put me up to this) & I met you & your other half at Corner Fifth. I told you I'd be back, but when I looked for you you were gone. I wanted to say thank you for the drink, and I'd love to go for dinner. never got the chance! I hope to see you again. **A**

Today's horoscope

♈ Aries March 21-April 20 Let someone know that he or she must meet you halfway if you're going to end your differences — for good.

♉ Taurus April 21-May 21 The most important thing today, by far, is your attitude. Stay positive and positive things will happen.

♊ Gemini May 22-June 21 Break free of attitudes you know are holding you back. Today's cosmic influences will help you.

♋ Cancer June 22-July 22 You have everything going for you now. But, it won't last forever so make the most of your opportunities.

♌ Leo July 23-Aug.23 Domestic issues need to be handled with care today, as loved ones could be touchy for no good reason.

♍ Virgo Aug. 24- Sept. 22 The planets indicate that what limited you yesterday will bring good fortune today. Make the most of it.

♎ Libra Sept. 23-Oct. 23 Good news on the work or money front will lift your spirits still higher over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 Don't listen to what others say is and is not possible. Listen, instead, to what your inner voice tells you.

♐ Sagittarius Nov. 23-Dec. 21 You're worrying for no good reason. What happens later today will convince you it's all in your mind.

♑ Capricorn Dec. 22-Jan. 20 Doors that were closed to you in the past are open to you now — so what's the catch? There isn't one.

♒ Aquarius Jan. 21-Feb. 18 You won't get all that you ask for today. But it'll be enough to keep you moving towards your goal.

♓ Pisces Feb. 19-March 20. The planets are protecting you now, take a few risks because they are sure to pay off. **SALLY BROMPTON**

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JOHN GOMES, ALASKA ZOO/ THE ASSOCIATED PRESS

SALVATORE DI NOLF, FILE/ KEYSTONE/ THE AP

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